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EatingWell
JULY/AUGUST 2015
42 Fast & Healthy Recipes
Fresh Salads for the Whole Season
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the most succulent season!
GET-SMART GUIDE: GMOs
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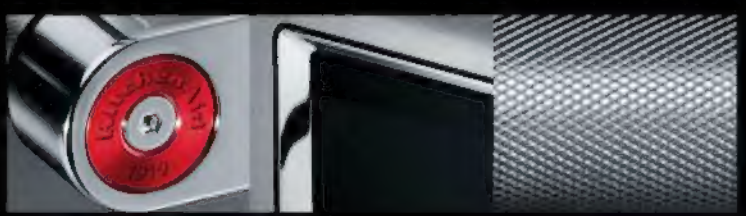

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JULY/AUGUST

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COVER: JIM WESTPHALEN, STYLING: STEPHANIE OLSON (FOOD), JOANNE PALMISANO (PROPS); TEES PAGE: HELEN NORMAN, STYLING: BILL SCRANSKY

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One of the joys of summer is cooking a meal for friends with ingredients that are just picked and perfectly ripe. At Pastures of Plenty Farm, one couple has made fresh-from-the-field parties a way of life.
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BY BARRY ESTABROOK

Two reasons I'm smiling: I'm finally done with picking and raspberries are my fave fruit!

This car full of peaches from Shelburne Orchards was destined for the EatingWell cover.

Check out the haul of blueberries in my husband's bike basket.

SHARE PICS of your summer fruit using #knowyourfood and tag @eatingwell

#KnowYourFood

You might call this season summer. I call it fruit-stockpiling season. Weekends mean a command-picking performance at the local berry farm or next door at my mother's fruit trees. Gallon ziplocks full of frozen fruit that I'm squirreling away for next winter are piled like bricks on the shelves of my freezer. On the bottom: strawberries. Then sour cherries, raspberries and blueberries. The capstone on the wall is sliced peaches. The light is blocked. If I need anything else, say ice, or frozen meat, forget it. It's buried.

All this fruit doesn't go straight to the freezer. I savor it for breakfast or snacks and occasionally I bake it into a dessert, something simple like a cobbler (*page 58*) or buckle (*page 65*). In the winter, when there's not such a glut, I appreciate this fruit even more. But no matter when I eat it, the fact that I picked it myself makes it taste a little better. When I sit down to my typical breakfast, I look at those berries or sliced peaches differently than the yogurt, pecans and Grape-Nuts that accompany them. I can imagine the tree and feel the heat of the August day when those peaches first ripened.

> Knowing the places, people and stories behind our food gives it more significance.

Knowing the places, people and stories behind our food gives it more significance. How we produce food across America is our overarching theme for many of the pieces in this issue. Senior food editor Carolyn Malcoun tells us about blueberries that grow wild in Maine and how farmers manage them commercially on page 60. I give a peek into a CSA feast and party at Pastures of Plenty Farm, a small organic vegetable and flower farm just outside Boulder, Colorado, on page 50.

The other reason we continually write about food origins is to help us all make more informed choices. In "Good Seed, Bad Seed" on page 78, Barry Estabrook delves into the debate around genetically modified organisms (GMOs). Estabrook's story doesn't deliver a black-and-white bottom line. But it does distill the current science on GMOs without the hyperbole or ungrounded fear you'll find on blogs, social media, TV and in op-eds right now. GMOs are one of the most controversial and least understood food topics of our day. For me, this story is essential reading. And I know that wherever you fall on the GMO debate, you will come away from this piece armed with more knowledge.

I particularly appreciated the outline of all the foods in which GMOs often hide. I'm not banning them entirely from my shopping list. But I'll keep limiting the amount of processed food I eat, asking questions and supporting GMO labeling (as I've stated on this page in the past). And of course, this summer I'll be out there sweating in the berry patch.

Cheers,

Jessie

Jessie Price, *editor@eatingwell.com*

COURTESY JESSIE PRICE

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TRO[illegible] price of this favorite fair? // PAGE 18

FRESH

Summer Bloomers

Scoop up some squash blossoms, the most delectable flower of the season

Early birds don't just get the worm, they can also get the best squash blossoms. The golden orange blooms are best gathered early in the day before the hot sun wilts their delicate petals, whether you're harvesting them from your own garden or seeking them out at local farmers' markets. All varieties of squash, summer and winter, produce edible blooms. Male flowers are clipped from the plant's stalk while the females might be picked with or without miniature vegetables attached. Luckily, squash are so prolific that you won't be stealing from your harvest when you take a few blooms. Beyond their beauty, the blossoms have a light texture and delicate floral, slightly peppery flavor that pairs nicely with different foods. Arrange them as a sundial on pizzas or frittatas or add them to summery salads. Stuff them with soft cheeses like ricotta or herby chevre or fold them into omelets along with diced chiles and sweet corn.

Peak season is summer through early fall. But you might see blooms from California, Mexico and Israel almost year-round in large supermarkets and ethnic markets. Keep them cool in the refrigerator for up to one day, loosely bagged with a paper towel to absorb moisture. Check the velvety center for any stowaway bugs and rinse the exterior gently before using. *—Melissa Pasanen*

Take a trip to a National Park this summer and you're in for a happy surprise: healthier, more sustainable food choices

Venues with Menus

The National Park Service recently rolled out new healthier food standards, offering its 292 million annual visitors more fruits, vegetables and local foods. The Healthy and Sustainable Food Program means better choices, including more salads and no sugar-added beverages on menus. Rest assured: you can still get your hands on summer classics—but now the burger in your hands is more likely to be grass-fed and organic. Of the 75 national parks (with food service) from sea to shining sea, here are five that go above and beyond the mandate with delicious, often organic and local food options that are so tasty you won't even be tempted to pack a picnic. —*Lindsay Westley*

Camp Denali

DENALI NATIONAL PARK

ALASKA Since it's a bit of a challenge for food suppliers to get to this park (*shown here*), the staff at Camp Denali nurtures a large, organic greenhouse to supplement the menu. Additional purchased produce is organic and meats are locally raised. The menu changes depending on what's available, but you might start the day with reindeer sausages and sourdough pancakes with lingonberries picked from the Alaskan tundra outside the lodge.

Crown Café

STATUE OF LIBERTY

NEW YORK The food is appropriately American-style here—but the café has cut a significant number of calories from its menu thanks to healthier options. Plus, the hamburgers are now made from local and sustainably raised Angus beef and served on whole-wheat buns.

Muir Woods Café

MUIR WOODS NATIONAL MONUMENT

[redacted] Try the chicken salad sandwich, made with humanely raised chicken from Petaluma, California, and fresh local greens, on organic focaccia from a nearby bakery. All the meat comes from California and nearly all produce is sourced within 30 miles of the park, making this a yummy destination for a post-hike sandwich or salad.

Lighthouse Restaurant

ISLE ROYALE NATIONAL PARK

MICHIGAN You have to take a three-hour ferry ride to access this rugged, isolated island—so it makes sense that the fish on the menu comes straight from Lake Superior. The Tobin Harbor Tacos are filled with whitefish caught in Rock Harbor, just a few thousand feet away from your table.

Metate Room

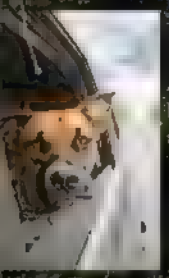
MESA VERDE NATIONAL PARK

[redacted] Metate Room's menu pays homage to the indigenous crops and spices cultivated in the dry, rocky canyon with dishes like the Poblano Relleno, a roasted poblano pepper with asadero cheese, roasted corn, Dove Creek black beans, ancho chile polenta and red pepper coulis.

PET NUTRITION

Have Dog, Will Travel

Here's what you should know to make sure your pooch has a healthy and safe trip.



FOOD In warmer weather, pet foods have a higher risk of spoilage. Foods high in fat or with added fish oils or omega-3s are more likely to spoil (since the fats can break down) and potentially make your dog sick. Pack pet food and treats in an airtight container. Use a cooler to keep food cool and dry and bring the food into your hotel room instead of leaving it in your hot car. **WATER** Dogs are susceptible to heatstroke when they don't get enough water. Try a snap-in water bowl for crates or keep a collapsible dog bowl on hand. Be sure to make water stops every couple of hours. **A SPECIAL TREAT** If you're making an ice cream stop on the road, it's OK to treat your pup to a small vanilla cone once in a while (treats like this should make up no more than 10% of total daily calories). **MOTION SICKNESS** If your pet gets carsick when you travel, your veterinarian can prescribe motion-sickness medication. You can also try adding 1 teaspoon of a fiber supplement to your dog's food to help if they have diarrhea that is brought on by stress (look for psyllium with no added sweetener or flavors). —Deborah Linder, DVM, DACVN

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WELLNESS

The Produce Playpen

Some fruits and vegetables play nicely together, others you should keep apart

Are you wasting food because it ripens—then rots—faster than you can eat it? (We're sheepishly raising our hands along with you.) Storing food the right way can make all the difference. Ethylene, a natural gas that's released from some fruits and vegetables, speeds up the ripening process. That can be an advantage—to ripen an avocado quickly, seal it in a paper bag—but too much ethylene can cause produce to spoil. Fruits and veggies that release high amounts of the gas shouldn't be stored alongside ethylene-sensitive produce. And it's not all about ethylene; temperature plays a role, too, in getting the most from your produce. *—Lisa Howard*

KEEP THESE FOODS SEPARATED AT ROOM TEMP

Ethylene-sensitive produce	High ethylene-producing produce
Bananas (unripe)	Bananas (ripe)
Cucumber	Tomatoes
Eggplant	*Transfer these to fridge when ripe* ▸
Green beans	Apricots
Onions	Avocados
Potatoes	Mangoes
Summer squash	Melons
Sweet potatoes	Nectarines
Watermelon	Papayas
Winter squash	Peaches
	Pears
	Plums

KEEP THESE FOODS SEPARATED IN THE FRIDGE

High ethylene-producing produce	Ethylene-sensitive produce
Apples	Broccoli
Blueberries	Brussels sprouts
	Cabbage
Apricots	Carrots
Avocados	Cauliflower
Mangoes	Dark leafy greens
Melons	Leeks
Nectarines	Lettuce
Papayas	Peas
Peaches	Raspberries
Pears	Strawberries
Plums	

Rise and Shine

Perhaps we should all take that saying more literally and bask in the early-morning rays. People who got extra morning light had lower BMIs—regardless of how much they ate, exercised or slept compared to people who didn't, says a recent study from Northwestern University. While researchers don't know exactly why our bodies respond well to early light, they speculate that light plays a role in regulating metabolism.

Baked Beans to Love

Tangy and sweet, baked beans round out plates of BBQ all summer long. For a side dish, baked beans have impressive stats: ½ cup clocks in around 150 calories with 7 grams of both protein and fiber. But not every can is a nutrition home run. Here's what you need to know before you shop.

Pros: The [illegible] baked beans [illegible] your kitchen.

Cons: On the flip side, baked beans can sneak in more added sugar and salt than you bar[gained] [illegible] limit) per ½-cup serving.

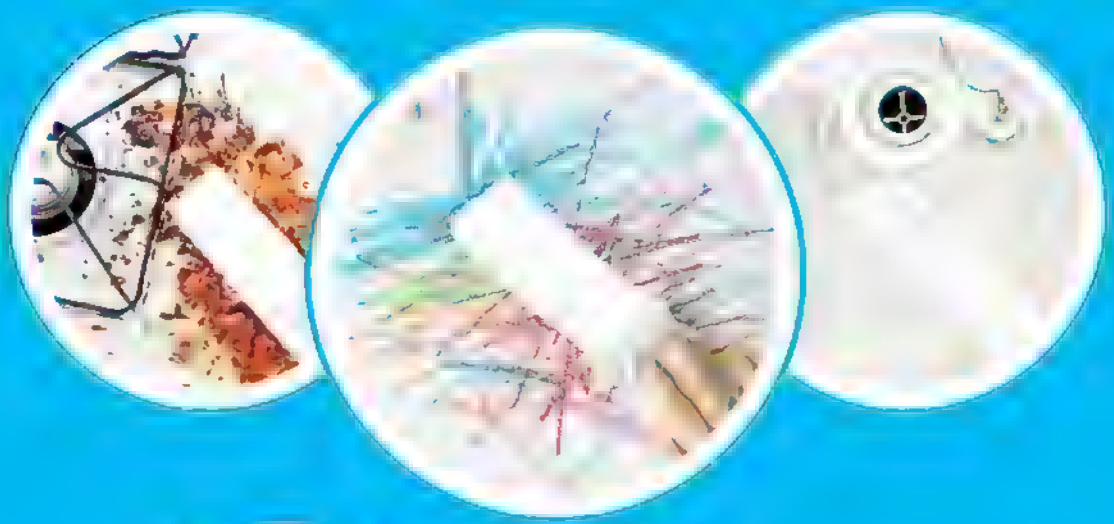
Bacon Matters: Pork is a classic ingredient in baked beans but only [illegible] canned beans. The saturated fat [illegible] tain flavors with pork have a little more sodium.

Numbers to Look for Per Serving:
SODIUM: ≤ 450 mg
SUGAR: [illegible]

See how to make healthy crock pot baked beans at eatingwell.com/webextra

HE FIGHTS DIRTY *no matter how dirty* DIRTY IS.

NO MATTER WHERE THEY ARE, TOUGH MESSES DON'T STAND A CHANCE WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.



ONLY ONE MR.

With before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.

Nice Ice, Baby

With all sorts of shapes, sizes and add-ins, ice has gone designer. Here's some inspiration to bring the trend home.

Add-Ins

Place ingredients in an ice cube tray.

- Thyme
- Tarragon
- Basil
- Mint
- Blueberries
- Raspberries
- Strawberry slices
- Edible flowers or petals

Fill & Freeze

Add liquid to cover and freeze until solid.

- Water
- Cranberry juice
- Grapefruit juice
- Orange juice
- Coconut milk
- Lemon juice
- Lime juice
- Lemonade/limeade

Cool Combos

Here are a few mixes we love:

- **Thyme + grapefruit juice** in a vodka tonic
- **Marigold petals + coconut milk** in iced black tea
- **Blueberries + water** in lemonade
- **Raspberries + cranberry juice** in sparkling water

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Up Your Hydration Game

Now that the heat of summer has arrived, staying hydrated is even more important, especially if you're exercising outdoors. Here are 3 new sipping "rules" to follow when working out.

By Karen Asp

Women should get about 11 cups per day, men 15 cups—about 20% of that comes from food, the rest you'll need to drink.

If you're looking to set a new record in that 10K or sprint triathlon, slurp an ice slurry, essentially an unflavored snow cone, 45 minutes before your event. When runners did this prior to a 10K in 82-degree weather, they ran 15 seconds faster on average, per a study from the *International Journal of Sports Medicine*. "The ice slurry increased body heat storage capacity, which allowed runners to push harder," says Jason Kai Wei Lee, Ph.D., study principal investigator from the Defence Medical & Environmental Research Institute, DFO Laboratories, in Singapore.

Good news if you're planning to hit up a brewpub post-hike. In one study, men who rehydrated after a treadmill run with beer (22 ounces, 4.5 percent alcohol by volume), followed by unlimited water, were just as hydrated as men who drank the same amount of liquid but only water. "Drinking beer, as long as it's in moderation, doesn't impair hydration or hinder your recovery," says Manuel J. Castillo, M.D., Ph.D., study co-author and professor of medical physiology at the University of Granada. Beer, after all, is 95 percent water. So go ahead and order a beer to quench your thirst. Just make sure to ask for water as well.

A little extra salt before your next workout may actually help keep dehydration at bay, according to a study from the *International Journal of Sport Nutrition and Exercise Metabolism*. When male cyclists ate chicken noodle soup (with almost 1,400 mg of sodium) 45 minutes before exercising in the heat, they drank—and retained—more water during their ride than cyclists who pre-fueled with water alone. "Sodium may help encourage you to drink more," says Kelly Pritchett, Ph.D., R.D., assistant professor in nutrition and exercise science at Central Washington University, especially if you're exercising for more than an hour or at a high intensity in the summer heat. A handful of pretzels or a cup of tomato juice or sports drink with sodium are all sufficient.

Which Waters Have You Tried?

We polled our Facebook fans to see which trendy plant-based waters they've sipped.

88% HAVE TRIED IT

COCONUT The most popular, coconut water is refreshing with a sweet, nutty taste and clean finish. An 8-ounce bottle boasts about 15 percent of your daily value for potassium (45–55 calories per 8 oz. of plain, 55–70 calories for flavored)

7% HAVE TRIED IT

CACTUS Light and earthy with hints of berry flavor, it's water plus the

3% HAVE TRIED IT

ARTICHOKE

as artichokes doesn't have many other vitamins to speak of. (40 calories per 8 oz.)

2% HAVE TRIED IT

MAPLE This watery sap tapped directly from maple trees delivers a subtle hint of maple sweetness along with some trace minerals and electrolytes. (15–20 calories per 8 oz.)

Kara Lydon, R.D.

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Why you should reconsider the price you pay for this summer favorite

A Fairer Tomato

The terrible working conditions in tomato fields have become the subject of hot debate. We talked with Eric Schlosser, author of *Fast Food Nation* and executive producer of the James Beard Award-winning film *Food Chains*, which is about the tomato-worker revolution. —*Tracie McMillan*

Why did you decide to make a film about tomato workers? The tomato fields of Florida have had some of the worst working conditions in the United States—even modern-day slavery. Picking tomatoes is hard: hot, stressful and a single worker may harvest and carry 4,000 pounds of tomatoes in one day. It's some of the hardest work you can imagine for some of the lowest pay. Wages had declined over the last 30 years (relative to inflation), and minimum-wage violations and wage theft were routine. So was sexual harassment and farmworkers being treated like indentured servants. A farmworker group, the Coalition of Immokalee Workers (CIW), has been working hard to change the conditions in Florida.

What is the CIW doing to change tomato-farmworker conditions? They've been working on this issue for more than 20 years. One of their initiatives is asking retailers to pay an extra penny a pound for tomatoes. That extra penny subsidizes a wage premium, a worker hotline and an oversight and enforcement agency—the Fair Food Standards Council—that makes sure workers get treated with dignity and respect. Thanks to the CIW's program, the working conditions in Florida tomato fields are now considered some of the nation's best.

What's a Fair Food tomato? The Fair Food label shows that workers who pick those tomatoes were treated right: there was no sexual harassment, the wage was decent, they had avenues for complaining about working conditions. [*Look for Fair Food tomatoes at participating stores like Whole Foods, Trader Joe's and Walmart, and restaurants including Taco Bell and Chipotle.*]

What's the difference between a Fair Food tomato and one that's organic or local? Everyone who eats fruits and vegetables should care about the farmworkers who harvest these foods. Our good health depends upon their hard labor. The organic label is wonderful, but it only describes how a food was produced. And local agriculture is important, too, but it doesn't guarantee that workers are treated fairly. I'm a big supporter of organic agriculture—but, ultimately, I care more about protecting basic human rights. The Fair Food label lets you know that when you buy that tomato, you're helping people, not subjecting them to misery.

The tomato is the #1 vegetable grown in home gardens

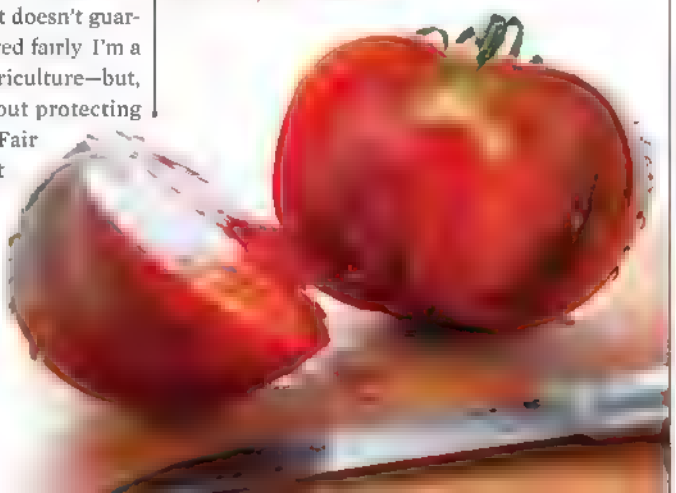
3 Reasons to Buy an Heirloom Tomato or Grow Your Own

IT'S IN THE GENES Heirloom tomatoes are bred for taste, texture, flavor and color. Tomatoes bred to ripen evenly (like many in the grocery store) are less sweet.

QUALITY TRUMPS QUANTITY Many heirloom plants only produce a half-dozen fruits at a time, while industrial breeds can churn out 20 apiece. The problem: as you increase the number of fruits on a plant, "you're diluting out the flavor," says tomato biologist Harry Klee, PhD, at the University of Florida.

VINE TIME MATTERS "You need time on the vine to deepen flavor and texture," says Travis Milton, a celebrated chef in Richmond, VA, who grows most of the tomatoes for his restaurant, Comfort. Achieving fruit that's ripened past the meanness that comes from early harvest takes time, and since most supermarket tomatoes are picked hard and green (*see photo, above*) they don't have as long on the vine to develop.

30 compounds contribute to a tomato's flavor



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Greener Farmed Salmon

(But at what cost?)

Herring
2,065 mg omega-3s in 3.5 oz.

Trout
1,160 mg omega-3s in 3.5 oz.

Sardines
975 mg omega-3s in 3.5 oz.

Mussels
820 mg omega-3s in 3.5 oz.

Farmed salmon has become more environmentally friendly in recent years, although much of what's in stores is still rated "avoid" by Seafood Watch (*see page 92 for more on sustainable salmon*) Salmon farmers who relied heavily on omega-3-rich feeder fish in the diets of their salmon are turning to alternatives. Most greener farms are feeding soybeans and vegetable oils, but one company, Verlasso, is using omega-3-rich yeast (a genetically modified strain) to reduce feeder fish, earning it a "good alternative" ranking. The switch to different food sources was propelled by quadrupling prices for fish oil and steady pressure from environmental groups to protect feeder fish like anchovies and sardines.

Unfortunately, those changes have also altered the benefits many eaters covet most: good-for-you omega-3 fats. Today, a piece of farmed salmon may contain as little as half the omega-3s it did a decade ago. "You're probably only going to get 1,500 milligrams per 3.5-ounce serving now," says Andrew Jackson, technical director at IFFO, a marine ingredients organization, down from 3,000 milligrams 10 years ago.

Even with reduced omega-3s, farmed salmon's levels are on par with its wild cousin, and it still packs far more than other seafood like tilapia or shrimp. And a serving of herring, trout, sardines or mussels can also supply you with plenty

—Clare Leschin-Hoar

ASK THE NUTRITIONIST

"Can carb cycling help me lose weight?"

Carb cycling's roots are in bodybuilding. But it's easy enough for any average Joe, which is perhaps why it's gone mainstream. When you cycle your carb intake, you vary how many carbs you eat throughout the week, with some days being low-carb (2½ to 5 servings) and others high-carb (10 to 20 servings). The thinking is that your low-carb days put you in a fat-burning state and eating high-carb boosts your metabolism.

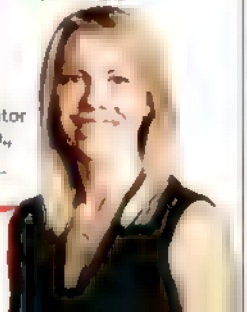
As with most trendy diets, there are a few plans to choose from, but the gist is the same—most plans cut carbs and calories. For example, the 7-Day Carb Cycle Solution gives women 1,500 calories on high-carb days and 1,200 on low-carb days (men get 2,000 and 1,500 respectively).

Unfortunately, the research on intermittently restricting carbs is almost nil. There's one 2013 study, however, published in the *British Journal of Nutrition* that shows promise. When 33 overweight women ate a carb-cycling type diet for 3 months they lost about 2¾ pounds more and burned significantly more fat than their 27 counterparts who simply cut calories. Interestingly, both groups ate the same number of total weekly calories, but how they met that target differed: the carb-cycling group cut their calories pretty heavily just 2 days a week and ate "normally" 5 days a week, while the other group cut their calories by 25 percent every day.

THE BOTTOM LINE

Any diet that cuts calories to these targets usually leads to weight loss. If you're keen to slim down by cutting carbs, carb cycling may be an easier regime to follow than going low-carb for the long haul. More research is needed, though, to see if carb cycling is more effective long-term than other calorie-restricted styles of eating. If you give the diet a go, opt for good-quality carbs (whole-wheat bread, whole grains, etc.) and keep your "feast" days sensible.

Send your nutrition questions to Nutrition Editor **Brierley Wright, M.S., R.D.,** at askus@eatingwell.com



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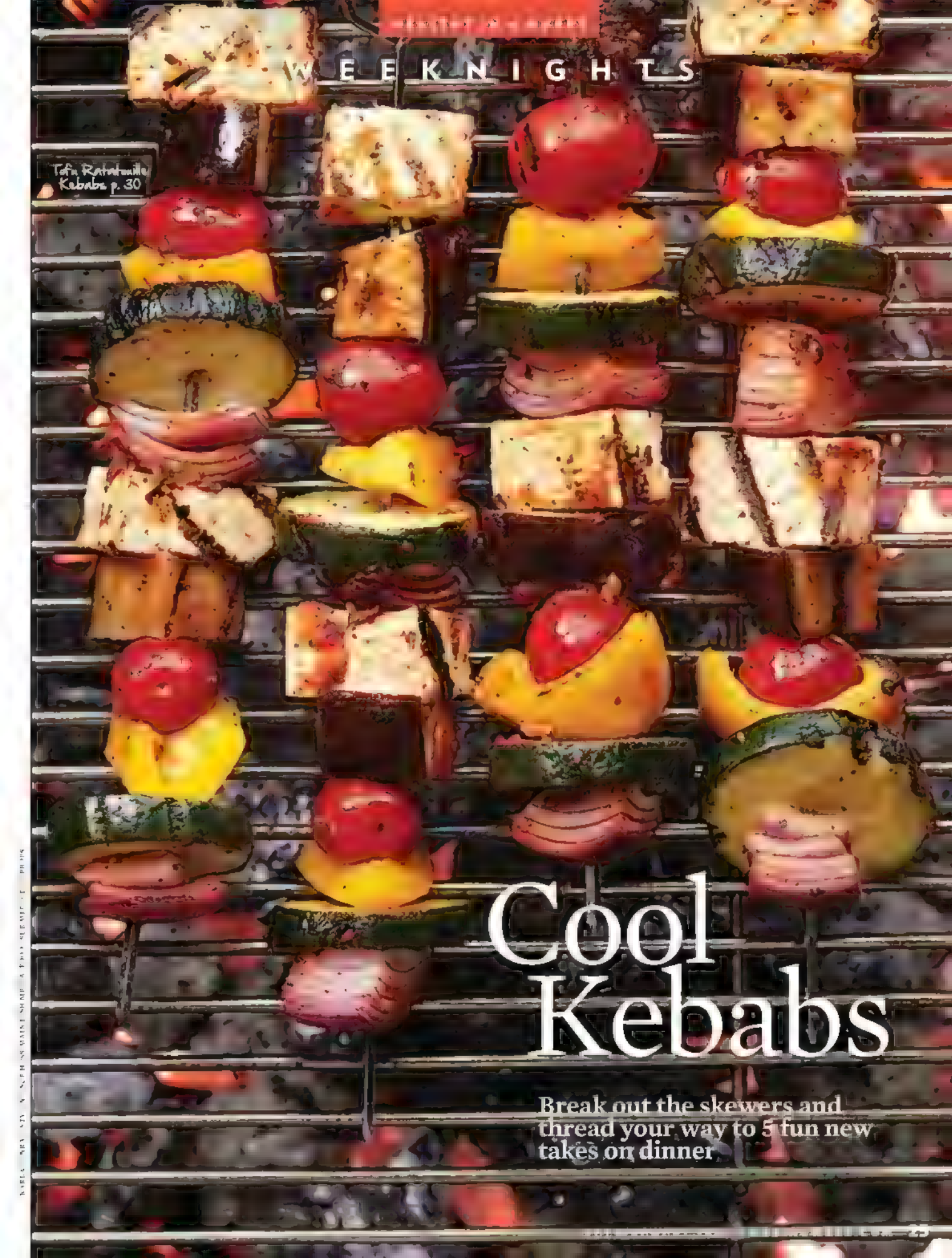

Cool Kebabs

Break out the skewers and thread your way to 5 fun new takes on dinner

Pesto-Pork Pinwheels with Grilled Peaches

ACTIVE: 35 MIN **TOTAL:** 35 MIN

EQUIPMENT: 5 x 10- to 12-inch skewers

[illegible] stuff and roasted tomatoes

Grilled or roasted broccolini and farro.

- ¾ cup coarse fresh breadcrumbs *(see Tip, page 92)*
- ½ cup prepared pesto
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- 1 pound pork tenderloin, trimmed
- 2 large peaches, quartered

1. Preheat grill to medium. (No grill? Preheat broiler to high and follow the broiler variation for Step 5.)

2. Combine breadcrumbs and pesto in a small bowl. Combine oil, vinegar, pepper and salt in a medium bowl; set aside.

3. Lay pork on a large cutting board. Holding the knife blade flat, parallel to the board, make a lengthwise cut through the center of the meat, stopping short of the opposite edge so it remains in one piece. Open as you would a book. Cover with plastic wrap. With a meat mallet or rolling pin, pound to an even ¼-inch thickness. With a long side closest to you, spread the breadcrumb mixture over the pork, stopping 1 inch from the opposite edge. Starting at the side closest to you, roll up the pork. Brush with 1 tablespoon of the oil mixture (set the rest aside).

4. Slice the pork crosswise into 8 pinwheel slices. Put 2 pinwheels each on four 10- to 12-inch skewers, about 1 inch apart, threading the skewers through the meat to keep the pinwheel shape intact. (Put the smaller end pieces on the same skewer; they'll cook more quickly and may be done before the bigger pieces.) Toss peaches with the reserved oil mixture; thread onto the remaining two skewers.

5. Oil the grill rack *(see Tip, page 92)*. Place all the skewers on the grill, arranging the pork skewers flat-side down. Grill, turning once, until the peaches are soft and the pork registers 145°F on an instant-read thermometer: 3 to 5 minutes for the peaches, 8 to 10 minutes for the pork.

SERVES 4: 2 PINWHEELS & 2 PEACH WEDGES EACH

Calories 389, Fat 21g (sat 5g), Cholesterol 70mg, Carbs 19g, Total sugars 9g (added 1g), Protein 30g, Fiber 3g, Sodium 435mg, Potassium 655mg.

EDITOR'S PICK "Flat skewers, like this from Mastrad, keep your food from spinning when you flip them and help you get the most even cooking on each side. Plus metal skewers conduct heat well, so your food cooks quicker than on bamboo!" —*Breana Lai, Associate Food Editor*

No Grill?

[illegible] broiler pan or a rack set on a baking sheet. Broil, turning once, 12 to 14 minutes for peaches and 8 to 10 minutes for pork.

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Chicken Yakitori with Broccoli

ACTIVE: 45 MIN **TOTAL:** 45 MIN

EQUIPMENT: Eight 10- to 12-inch skewers

[illegible] maximum flavor. Double the recipe for a party.

SERVE WITH *Steamed short-grain brown rice.*

- ¼ cup reduced-sodium soy sauce
- ¼ cup sake or dry sherry
- ¼ cup mirin
- 1 tablespoon brown sugar
- 2 teaspoons cornstarch
- 2 teaspoons water
- 1 pound broccoli crowns
- 2 tablespoons peanut or canola oil
- 1 bunch scallions, white and light green parts only
- 1 pound boneless, skinless chicken thighs, trimmed

1. Preheat grill to medium. (No grill? Preheat broiler to high and follow the broiler variation for Step 4.)

2. Combine soy sauce, sake (or sherry), mirin and brown sugar in a small saucepan. Bring to a boil over medium-high heat. Cook for 1 minute. Combine cornstarch with water; add to the pan and cook, stirring, for 1 minute. Remove from heat. Set aside a generous ¼ cup of the sauce.

3. Cut broccoli into florets with 1- to 2-inch stems; toss with oil in a bowl. Thread through the stems onto four 10- to 12-inch skewers. Cut scallions into 1- to 2-inch pieces. Cut chicken crosswise into 1-inch strips. Fold each strip in half. Thread the folded chicken onto the remaining 4 skewers, alternating with the scallions. Generously brush both sides of the chicken skewers with the sauce from the pan.

4. Oil the grill rack (*see Tip, page 92*). Grill the skewers, turning once or twice, until the chicken is just cooked through and the broccoli is tender, 10 to 12 minutes total. Serve each portion with 1 tablespoon of the reserved sauce.

SERVES 4: 1 CHICKEN & 1 BROCCOLI SKEWER EACH

Calories 317, Fat 14g (sat 3g), Cholesterol 106mg, Carbs 19g, Total sugars 9g (added 3g), Protein 24g, Fiber 4g, Sodium 637mg, Potassium 684mg.

No Grill?

Place the skewers on an oiled broiler pan or a wire rack set on a large baking sheet. Broil, turning once, 5 to 6 minutes per side.

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Tofu Ratatouille Kebabs

ACTIVE: 45 MIN **TOTAL:** 45 MIN
TO MAKE AHEAD: Prepare through Step 3, loosely cover and refrigerate for up to 8 hours.
EQUIPMENT: Eight 10- to 12-inch skewers
Lemon-oregano marinade amps up tofu in this ratatouille-inspired vegetarian kebab Serve with: *Whole-wheat orzo tossed with olive oil and basil.* (Photo: page 25.)

- 1 14- to 16-ounce package extra-firm water-packed tofu, drained
- 4 tablespoons extra-virgin olive oil, divided
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 16 cherry or grape tomatoes
- 1 small eggplant (about 6 ounces), cut into 1-inch pieces
- 1 medium zucchini, cut into 16 slices
- 1 medium yellow bell pepper, cut into 1-inch pieces
- 1 small red onion, cut into 1-inch pieces
- 2 tablespoons tomato paste

1. Pat tofu dry; cut into 1-inch cubes. Mix 1 tablespoon oil, lemon zest and juice, oregano and ¼ teaspoon each salt and pepper in a medium bowl. Stir in the tofu; marinate, stirring occasionally, for at least 10 minutes and up to 1 day.

2. Preheat grill to medium. (No grill? Preheat broiler to high and follow the broiler variation for Step 4.)

3. Meanwhile, toss tomatoes, eggplant, zucchini, bell pepper and onion with the remaining 3 tablespoons oil and ¼ teaspoon each salt and pepper in a large bowl. Thread the vegetables and the tofu alternately onto eight 10- to 12-inch skewers. Add tomato paste to the marinade in the bowl and whisk to combine. Brush the tops of the skewers with about half of the marinade mixture.

4. Oil the grill rack (*see Tip, page 92*). Grill the skewers, marinade-side up, until the vegetables and tofu are starting to brown, 3 to 5 minutes. Turn them over, brush with the remaining marinade and continue grilling until the vegetables are lightly charred, 3 to 5 minutes more.

SERVES 4: 2 SKEWERS EACH
Calories 252, Fat 19g (sat 3g), Cholesterol 0mg, Carbs 14g, Total sugars 8g (added 0g), Protein 11g, Fiber 4g, Sodium 377mg, Potassium 722mg.

No Grill?

Place skewers, marinade-side up, on an oiled broiler pan or a wire rack set on a large baking sheet. Broil until starting to brown, 5 to 6 minutes; turn over, brush with the remaining marinade and broil 5 to 6 minutes more.

Mushroom & Pepperoni Pizza Pops

ACTIVE: 30 MIN **TOTAL:** 45 MIN
TO MAKE AHEAD: Prepare through Step 4, loosely cover and refrigerate for up to 4 hours. **EQUIPMENT:** Eight 6-inch skewers
What is a pizza pop? Think of it as a mini calzone on a stick. Pepperoni, mushrooms and peppers fill this one. Serve with: *A mixed green salad with red-wine vinaigrette.*

- 1 pound pizza dough, preferably whole-wheat
- All-purpose flour for rolling
- 16 slices pepperoni (about 1 ounce)
- 8 mushrooms, halved
- ½ large green bell pepper, cut into 16 pieces (1-inch)
- 4 ounces smoked fresh mozzarella or smoked Gouda, cut into 16 cubes (1-inch)
- 1 cup lower-sodium marinara sauce, divided
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon dried oregano or basil

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.

2. Cut pizza dough into 8 equal portions. Let rest on a lightly floured surface while you assemble the skewers.

3. Thread 2 pepperoni, 2 mushroom halves, 2 pepper pieces and 2 cheese cubes alternately onto eight 6-inch skewers.

4. Stretch and pat each portion of dough into a rectangle approximately 4 inches by 6 inches. Spread 1½ teaspoons sauce on each portion of dough. Place one skewer on each piece of dough, wrap the dough around the skewer and pinch to seal. Place the skewers seam-side down on the prepared baking sheet. Brush with oil and sprinkle with oregano (or basil).

5. Bake until golden, 15 to 17 minutes. Serve with the remaining marinara for dipping.

SERVES 4: 2 SKEWERS & 3 TBSP SAUCE EACH
Calories 434, Fat 20g (sat 5g), Cholesterol 31mg, Carbs 52g, Total sugars 6g (added 1g), Protein 18g, Fiber 3g, Sodium 670mg, Potassium 198mg.

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Peruvian Beef Kebabs with Grilled Corn

ACTIVE: 40 MIN **TOTAL:** 40 MIN
TO MAKE AHEAD: Marinate beef in the refrigerator (Step 1) for up to 4 hours.
EQUIPMENT: Four 12-inch skewers
Ancho chile powder, made from dried poblano chiles, is slightly spicier and smokier than regular chili powder SERVE WITH *Fresh tomato wedges.*

- 3 cloves garlic, minced
- 4 tablespoons corn oil, divided
- 3 tablespoons distilled white vinegar
- 1 tablespoon ancho chile powder *or* regular chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1¼ teaspoons salt, divided
- 1 pound beef tenderloin, strip steak *or* top sirloin, cut into 1½- to 2-inch pieces
- 6 baby or new potatoes
- ½ large white onion, cut into 2-inch pieces
- 4 medium ears corn, husked

1. Combine garlic, 3 tablespoons oil, vinegar, chile powder, cumin, oregano and 1 teaspoon salt in a shallow dish. Add beef; stir until well coated. Let stand at room temperature, stirring frequently, for at least 15 minutes or marinate in the refrigerator for up to 4 hours.
2. Preheat grill to medium-high. (No grill? Preheat broiler to high and follow the broiler variation for Step 4.)
3. Microwave potatoes on High until almost tender, 1 to 2 minutes. When cool enough to handle, cut into ½-inch slices. Toss the potatoes, onion, 1½ teaspoons oil and ⅛ teaspoon salt in a bowl. Thread the beef, potatoes and onion alternately onto four 12-inch skewers. Coat corn with the remaining 1½ teaspoons oil and sprinkle with the remaining ⅛ teaspoon salt.
4. Grill the skewers and corn, turning once or twice, until the vegetables are tender and charred in spots, 6 to 8 minutes total. Serve the beef skewers with the corn.
SERVES 4: 1 SKEWER & 1 EAR OF CORN EACH
Calories 338, Fat 14g (sat 3g), Cholesterol 59mg, Carbs 30g, Total sugars 8g (added 0g), Protein 25g, Fiber 4g, Sodium 515mg, Potassium 721mg.

No Grill?
Place skewers and corn on an oiled broiler pan or a wire rack set on a large baking sheet. Broil until starting to brown, 3 to 6 minutes per side.

WINE LIST

$10 & UNDER

For the best deal on wine, skip traditional Chardonnay and Cabernet Sauvignon grapes and stock up with these lesser-known varietals.

2014 Mont Gravet Côtes de Gascogne, France, $9 This easy-drinking, crisp white wine with flavors of citrus, apricot and green apple is made from 100% Colombard, the grape usually used to make Cognac and Armagnac. Pair with seafood, salads, hot days and front porches.

2014 False Bay Chenin Blanc, South Africa, $10 Slightly richer in body than the Mont Gravet, this is a great wine for Chardonnay lovers. An extended wild-yeast fermentation gives this unoaked crowd-pleaser aromas of white peach and pineapple. Pair with roast chicken, potato salad and book clubs.

2012 Avelada Charamba Vinho Tinto, Douro, Portugal, $9 Made with the same blend of grapes used to make port, this quaffable, dry "table red" is juicy with hints of berries, spice and violet. Pair with grilled meats, barbecue or stinky cheese, or use to make sangria.

2013 Conti Zecca Donna Marzia Negroamaro, Puglia, Italy, $10 Chianti fans, rejoice! This very friendly, full-bodied red wine has flavors of plums, cherries and spice, but with enough acidity and tannins to hold up well to food. Pair with steak, burgers and bonfires.

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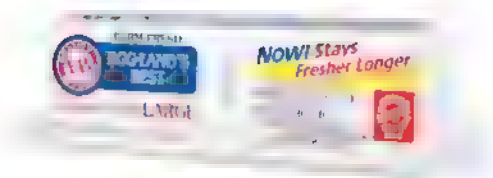

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IN SEASON

Tomatillos Unwrapped

EASY PREP

Tomatillo Ranch Dressing

ACTIVE: 10 MIN **TOTAL:** 10 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

- 6 medium tomatillos (about 8 ounces), husked, rinsed and coarsely chopped
- 1 small shallot, chopped
- 1 clove garlic, chopped
- ½ cup nonfat Greek yogurt
- ½ cup low-fat mayonnaise
- 1 tablespoon lime juice
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup packed fresh parsley
- 2 tablespoons fresh dill or 2 teaspoons dried

Combine tomatillos, shallot, garlic, yogurt, mayonnaise, lime juice, Worcestershire, salt and pepper in a food processor (or blender). Pulse until mostly smooth. Add parsley and dill; pulse, stopping to scrape down the sides once or twice, until well combined.

MAKES: ABOUT 2 CUPS (2 TBSP SERVING)

Calories 30, Fat 2g (sat 0g), Cholesterol 2mg, Carbs 3g, Total sugars 1g (added 0g), Protein 1g, Fiber 0g, Sodium 104mg, Potassium 65mg

Oven-Fried Green Tomatillos

ACTIVE: 35 MIN **TOTAL:** 35 MIN

- Canola or olive oil cooking spray
- 1 pound tomatillos (about 12 medium), husked, rinsed and cut into ½-inch-thick slices
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup white whole-wheat or all-purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon Creole or Cajun seasoning
- 2 large eggs
- 1¼ cups panko breadcrumbs
- ¼ cup ketchup
- ¼ cup low-fat mayonnaise

1. Position a rack in lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray.

2. Sprinkle tomatillos with salt and pepper. Combine flour, garlic powder and Creole (or Cajun) seasoning in a shallow dish. Lightly beat eggs in another dish. Put breadcrumbs in a third dish. Dredge the tomatillos in the flour mixture, dip in the egg and then coat both sides with breadcrumbs. Place on the prepared baking sheet and generously coat with cooking spray.

3. Bake the tomatillos, turning once, until golden brown, 10 to 12 minutes.

4. Meanwhile, combine ketchup and mayonnaise in a small bowl. Serve the tomatillos with the dipping sauce.

SERVES 6: 4-5 TOMATILLO SLICES & 1½ TBSP SAUCE EACH

Calories 128, Fat 3g (sat 1g), Cholesterol 23mg, Carbs 22g, Total sugars 6g (added 2g), Protein 3g, Fiber 2g, Sodium 350mg, Potassium 253mg

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Tomatillo Breakfast Tacos

ACTIVE: 20 MIN **TOTAL:** 20 MIN

- 1 tablespoon extra-virgin olive oil
- 6 medium tomatillos (about 8 ounces), husked, rinsed and coarsely chopped
- ¼ cup chopped onion
- 2 cloves garlic, minced
- 4 large eggs, lightly beaten
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- 4 small (4- to 5-inch) corn *or* whole-wheat tortillas, warmed
- ¼ cup crumbled queso blanco *or* feta cheese

Heat oil in a large nonstick skillet over medium heat. Add tomatillos, onion and garlic and cook, stirring, until most of the liquid from the tomatillos is evaporated, 8 to 12 minutes. Add eggs, pepper and salt and cook, stirring, until the eggs are just set, 2 to 3 minutes more. Divide the scrambled eggs among the tortillas and sprinkle with cheese.

SERVES 2: 2 TACOS EACH

Calories 418, Fat 24g (sat 8g), Cholesterol 389mg, Carbs 32g, Total sugars 6g (added 0g), Protein 20g, Fiber 5g, Sodium 498mg, Potassium 560mg

Add some heat with your favorite hot sauce!

Spicy Tomatillo Quinoa

ACTIVE: 10 MIN **TOTAL:** 40 MIN

- 6 medium tomatillos (about 8 ounces), husked and rinsed, divided
- ¾-1 cup low-sodium chicken *or* vegetable broth
- ¾ cup coarsely chopped fresh cilantro, divided
- ½ cup coarsely chopped onion
- 1 medium jalapeño, halved and seeded, if desired
- 1 clove garlic
- 1 cup red *or* white quinoa
- ½ teaspoon sugar
- ½ teaspoon salt
- 1 cup corn, fresh *or* frozen (thawed)

1. Cut 4 tomatillos in half and puree in a food processor (or blender) with ¾ cup broth, ½ cup cilantro, onion, jalapeño and garlic until mostly smooth. Add enough of the remaining broth to equal 2 cups total.

2. Combine the tomatillo mixture, quinoa, sugar and salt in a large saucepan. Bring to a boil. Reduce heat, cover and simmer until the liquid is absorbed, 15 to 20 minutes. Let stand, covered, for 10 minutes.

3. Chop the remaining 2 tomatillos. Stir into the quinoa along with corn and the remaining ¼ cup cilantro.

SERVES 6: ABOUT ⅔ CUP EACH

Calories 158, Fat 3g (sat 0g), Cholesterol 0mg, Carbs 29g, Total sugars 6g (added 0g), Protein 6g, Fiber 4g, Sodium 211mg, Potassium 406mg.

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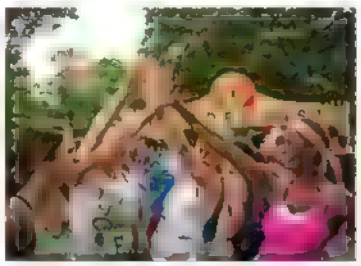

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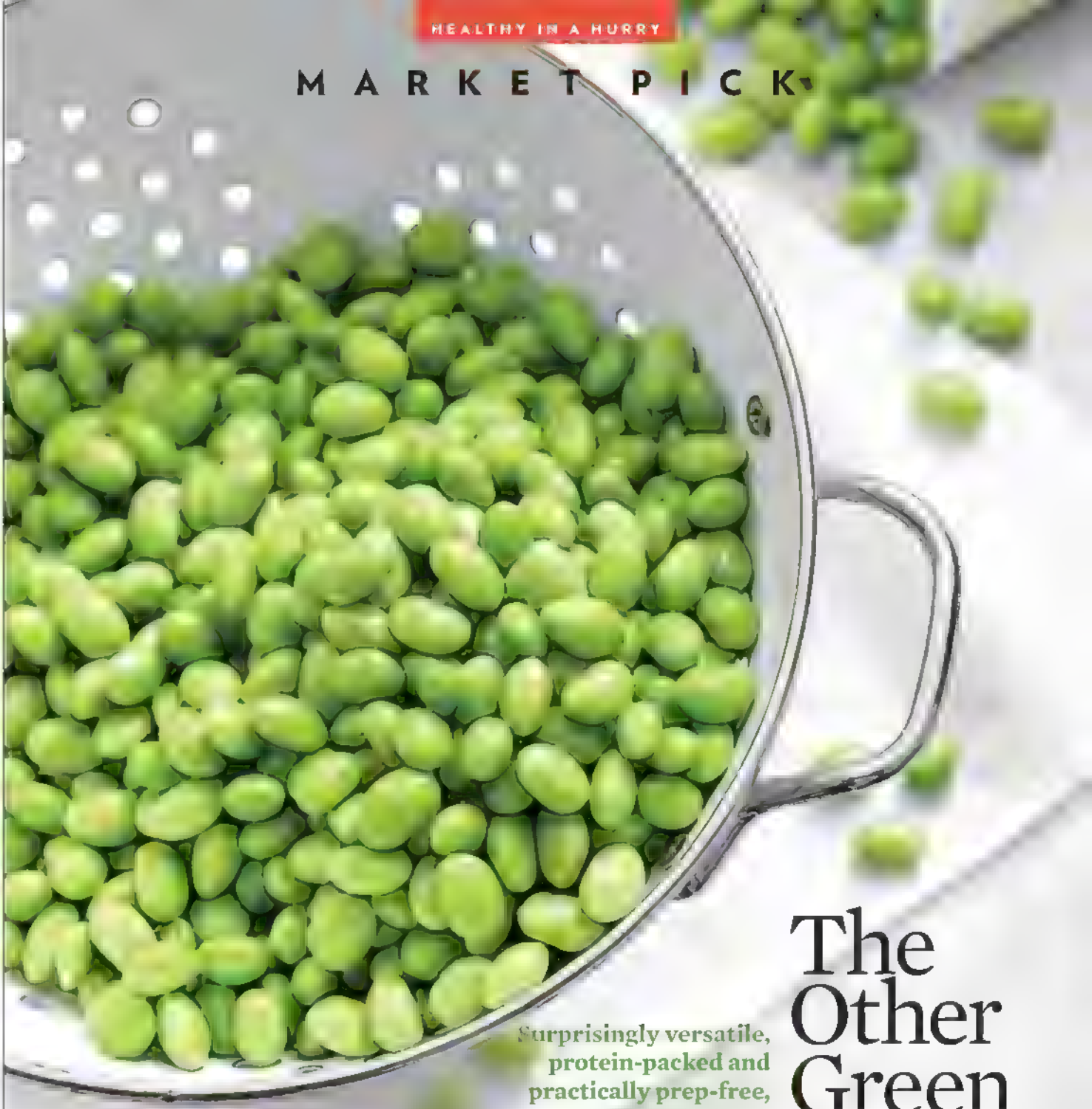
MARKET PICK



The Other Green Bean

Surprisingly versatile, protein-packed and practically prep-free, shelled edamame are the start of light and fast dinners

SOYBEAN SAVVY Edamame are soybeans harvested before they are fully mature. These beans are green, unlike their grayish-white mature counterparts used to make tofu and soymilk. If you spy fresh edamame at your farmers' market, scoop them up immediately—their taste and texture can't be beat. Figure that 12 ounces of in-the-pod edamame yields about 1¼ cups shelled.

AT THE SUPERMARKET Seek out edamame in the freezer section of your supermarket or its frozen natural-foods section. Package sizes of shelled edamame vary from 8 to 16 ounces, so check the bag before you buy. (A 16-ounce package contains about 3 cups.) If you want to avoid GMOs, buy organic edamame or look for the "Non-GMO Project Verified" seal.

IS IT GOOD FOR ME? One cup of shelled edamame boasts more than 30 percent of your daily value for both protein and fiber. If you've heard that eating too much soy might increase your risk of breast cancer, don't worry. Recent research has found that eating edamame and other soy like tofu and soymilk, especially from a young age, is actually associated with a lower risk of breast cancer.

Edamame & Salmon Stir-Fry with Miso Butter

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Rice noodles or brown rice.

- 3 tablespoons white miso *(see Tip, page 92)*
- 2 tablespoons unsalted butter, melted
- 1 tablespoon water
- 2 tablespoons extra virgin olive oil, divided
- 1 pound salmon *(see Tip, page 92)*, skinned and cut into 1-inch pieces
- 1 cup sliced shallots (about 3 medium)
- 1 medium zucchini, halved lengthwise and sliced
- 8 ounces frozen shelled edamame (about 1½ cups), thawed
- ¼ cup chopped fresh basil

1. Whisk miso, butter and water in a small bowl.

2. Heat 1 tablespoon oil in a 14-inch flat-bottomed wok or large cast-iron skillet over medium-high heat until very hot but not smoking. Add salmon and cook, stirring gently, until almost cooked through, about 3 minutes. Transfer to a plate.

3. Add the remaining 1 tablespoon oil, shallots, zucchini and edamame to the pan; cook, stirring, until the vegetables are almost tender, 3 to 4 minutes. Stir in the miso sauce until well coated. Gently stir in the salmon and basil.

SERVES 4: ABOUT 1½ CUPS EACH

Calories 380, Fat 21g (sat 6g), Cholesterol 68mg, Carbs 17g, Total sugars 4g (added 0g), Protein 32g, Fiber 4g, Sodium 550mg, Potassium 964mg

EASY PREP

Defrost edamame in your refrigerator overnight. Or thaw them n a bowl of wat drain before using

BONUS RECIPES
For more ways to use edamame visit eatingwell.com/webextra

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Edamame & Chicken Greek Salad

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: Refrigerate cooked chicken (Step 1) for up to 3 days.

We love big, fresh dinner salads in the summer. If you [illegible] chicken and double the [illegible]

SERVE WITH *Toasted pita brushed with olive oil and sprinkled with oregano.*

- 1 8-ounce boneless, skinless chicken breast, trimmed
- ¼ cup red-wine vinegar
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 8 ounces frozen shelled edamame (about 1½ cups), thawed
- 8 cups chopped romaine (about 2 romaine hearts)
- 1 cup halved cherry *or* grape tomatoes
- ½ European cucumber, sliced
- ½ cup crumbled feta cheese
- ¼ cup slivered fresh basil
- ¼ cup sliced Kalamata olives
- ¼ cup slivered red onion

1. Place chicken in a medium saucepan and add water to cover by 2 inches. Bring to a boil. Reduce heat to a simmer and cook until an instant-read thermometer inserted into the chicken registers 165°F, 12 to 15 minutes. Transfer the chicken to a clean cutting board and let cool for 5 minutes; shred or chop into bite-size pieces.

2. Meanwhile, whisk vinegar, oil, salt and pepper in a large bowl. Add edamame, romaine, tomatoes, cucumber, feta, basil, olives, onion and the chicken; toss to coat.

SERVES 4: 2¾ CUPS EACH

Calories 336, Fat 22g (sat 5g), Cholesterol 48mg, Carbs 14g, Total sugars 5g (added 0g), Protein 22g, Fiber 6g, Sodium 550mg, Potassium 755mg.

Edamame Hummus Wrap

ACTIVE: 35 M N **TOTAL:** 35 MIN

TO MAKE AHEAD: Refrigerate hummus (Step 1) for up to 3 days.

Bring a dozen wraps, cut in half, to your next picnic. The hummus is also great for snacking, so consider making extra to enjoy in the days ahead

Easy Upgrade *A cucumber salad.*

- 12 ounces frozen shelled edamame (about 2¼ cups), thawed
- 4 tablespoons lemon juice, divided
- 3 tablespoons extra-virgin olive oil, divided
- 2 tablespoons tahini
- 1 large clove garlic, chopped
- ½ teaspoon ground cumin
- ¾ teaspoon ground pepper, divided
- ½ teaspoon salt
- 2 cups very thinly sliced green cabbage
- ½ cup sliced orange bell pepper
- 1 scallion, thinly sliced
- ¼ cup chopped fresh parsley
- 4 8- to 9-inch spinach or whole-wheat tortillas

1. Combine edamame, 3 tablespoons lemon juice, 2 tablespoons oil, tahini, garlic, cumin, ½ teaspoon pepper and salt in a food processor. Pulse until fairly smooth.

2. Whisk the remaining 1 tablespoon each lemon juice and oil with the remaining ¼ teaspoon pepper in a medium bowl. Add cabbage, bell pepper, scallion and parsley; toss to coat. Spread about ½ cup of the edamame hummus across the lower third of each tortilla and top with about ½ cup of the cabbage mixture. Roll closed. Cut in half to serve, if desired.

SERVES 4: 1 WRAP EACH

Calories 339, Fat 20g (sat 3g), Cholesterol 0mg, Carbs 35g, Total sugars 4g (added 0g), Protein 14g, Fiber 8g, Sodium 480mg, Potassium 641mg.

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NOT FROM CHINA

MARKET PICK

Indian Edamame Quinoa Burgers

ACTIVE: 35 M N **TOTAL:** 35 M N

TO MAKE AHEAD: Individually wrap and freeze cooked burgers for up to 3 months. Unwrap and bake frozen burgers on an oiled baking sheet at 375°F for 20 minutes, turning once.

These bunless burgers are a staff favorite. Experiment with different seasonings in place of the ginger and garam masala—garlic and cumin for Middle Eastern flair or garlic and chili powder for a Southwestern spin. Serve with: *A spinach salad and naan or chapati bread.*

- ½ cup quinoa
- 1 cup water
- 8 ounces frozen edamame (about 1½ cups), thawed
- 3 scallions, chopped, divided
- 1 large egg
- 1 tablespoon minced fresh ginger
- 1¼ teaspoons garam masala
- ½ teaspoon salt plus ⅛ teaspoon, divided
- ¼ teaspoon cayenne pepper
- 2 tablespoons extra-virgin olive oil, divided
- ¾ cup low-fat plain yogurt
- ½ cup chopped English cucumber
- ¼ cup chopped fresh cilantro (optional)
- ¼ teaspoon ground pepper
- 1 very large tomato, cut into 4 thick slices

1. Combine quinoa and water in a small saucepan. Bring to a boil. Reduce heat, cover and simmer until the water is absorbed, about 15 minutes. Remove from heat and let stand 5 minutes.

2. Transfer the quinoa to a food processor, add edamame, 2 chopped scallions, egg, ginger, garam masala, ½ teaspoon salt and cayenne. Pulse until well combined. Form into four 3½-inch patties (a generous ½ cup each).

3. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat, swirl to coat the pan. Reduce heat to medium and add the burgers. Cook until browned on one side, 3 to 4 minutes. Carefully turn them over, swirl in the remaining 1 tablespoon oil and brown the other side, 3 to 4 minutes more.

4. Meanwhile, combine yogurt, cucumber, cilantro (if using), pepper and the remaining scallion and ⅛ teaspoon salt in a bowl. Serve the burgers on a tomato slice with the yogurt sauce.

SERVES 4: 1 BURGER, 1 TOMATO SLICE & ¼ CUP SAUCE EACH

Calories 285, Fat 13g (sat 2g), Cholesterol 49mg, Carbs 29g, Total sugars 9g (added 0g), Protein 15g, Fiber 6g, Sodium 427mg, Potassium 822mg.

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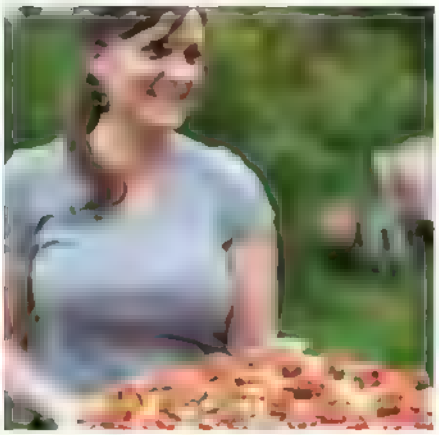


he midmorning Colorado air was just warming as Lyle Davis ducked into his kitchen at Pastures of Plenty Farm just north of Boulder. On this August day last summer the rustic kitchen hummed with activity. Cooks stirred peppers in vast sauté pans, chopped tomatoes and dunked flank steaks into a juniper-spiked marinade.

"We need more peppers and eggplant," one of the cooks called to Davis. There were peppers and eggplant seemingly everywhere in the kitchen. Davis looked utterly confused. As chef *and* head farmer, Davis has a lot to juggle, so it was no surprise that the cook had to remind him, "It's not just the baba ghanoush and the pepper salad on the menu tonight. We also have the platter of grilled vegetables to make."

"That's going to be tricky. I think we picked them all this morning," mused Davis. But within minutes he had consulted his farm manager and there was a new plan. They would grill up different varieties of eggplants and peppers. Carrying a crate to gather the vegetables, Davis headed across the tiny stream that irrigates the organic farm and out to the fields.

Davis and his team were prepping dinner for about 100 people, members of his CSA and guests. This was just one of about 33 events, mostly weddings, at Pastures of Plenty last summer. For each, Davis and his cooks put together a feast, mainly from vegetables grown right here. Other ingredients, like those steaks the cooks were marinating, came from nearby farms. "We've been talking about 'field to table' since back in the '90s when we first started doing this," Davis's wife, Sylvia Tawse, explained.

The couple first met in 1987 when they worked together at Alfalfa's Market in Boulder. Davis was one of the founders and in charge of the produce and prepared food. Tawse

BY JESSIE PRICE *with recipes by* Lyle Davis & Sylvia R. Tawse

Diversification is the secret to this farm's success. Their biggest business is organic flowers, like the agrostemma carried here by Trinidad Lopez, one of their 18 or so employees. They also grow vegetables and sell through farmers markets and a CSA—and their catering company, Plenty, does events on the farm and elsewhere.

MIDSUMMER'S PLENTY

One of the joys of summer is cooking a meal for friends with ingredients that are just-picked and perfectly ripe. At Pastures of Plenty Farm, one couple has made fresh-from-the-field parties a way of life.

LOCATION PHOTOGRAPHY BY JENNIFER OLSON

FOOD PHOTOGRAPHY BY HELEN NORMAN

was hired to run the deli and it turned out she had a knack for making beautiful displays of food. "We were moving away from health food and oat bran hockey puck muffins," she said. "If you didn't have pleasure first in how the food looks you just were never going to eat it. So you weren't going to stay healthy."

By 1996, both had left Alfalfa's. Tawse started a public relations business and they bought an 1887 homestead with 35 acres. Davis was catering and growing flowers and vegetables, but didn't intend to start an actual farm. "We call ourselves accidental farmers. We thought we would just have a big garden. And then we realized that we were growing all these flowers and all these salad greens and it was way too much," he said

As Tawse told me, "We were wondering what the hell are we going to do? Well, what are our assets? We know how to cook. Lyle knows how to garden. We have land and we know how to throw good parties." Pastures of Plenty was born.

Fast-forward to today and about two-thirds of their land is under cultivation. The farm has 101 CSA members and they sell at four farmers' markets. Unfortunately the number of parties at the farm will be limited to 12 this summer. Boulder County has enacted regulations to restrict the number of food events a farm can host. Davis and Tawse aren't sure what will happen next, but their commitment is clear. "I want to be able to continue doing what I love to do, which is being a farmer and a chef. I view this as my life's most meaningful endeavor," said Davis. "I'm not ready to retire. I have some more good years in me."

Having seen the two of them in action, it's hard not to hope that the county will reconsider. On that day last summer as the afternoon wore on, Tawse was home from her day job and up to her elbows in peaches for cobblers. "These peaches are the best, so juicy! They're from Ela Family Farms on the Western Slope," she enthused. She was a whirl of flour and laughter, chatting with employees who came by the farmhouse in the flurry of preparation.

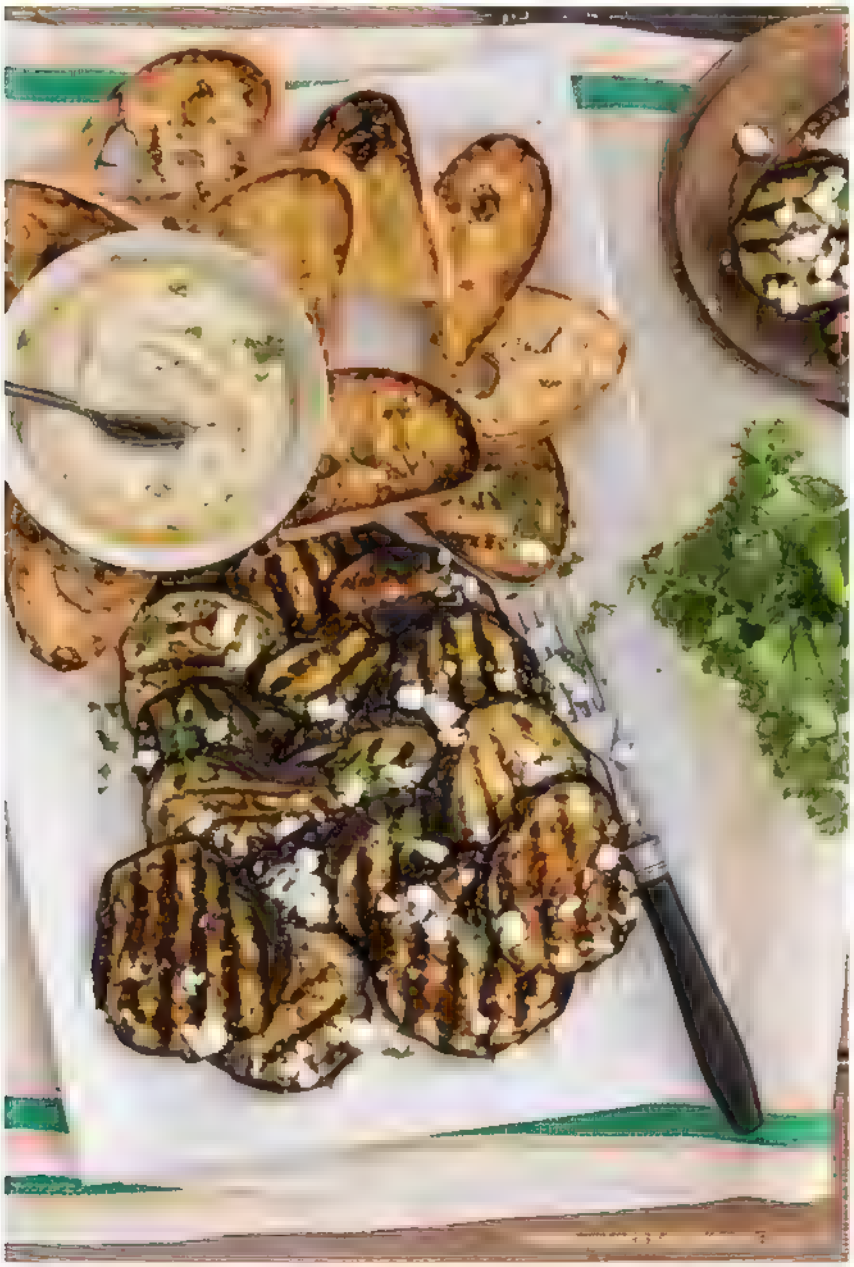
Meanwhile, the last trucks were being loaded for the 6 a.m. departure to farmers' markets the next day. Most farms would have been winding down for the day, but the first guests were just arriving for the dinner and there were hugs and cheers all around. In some ways, Pastures of Plenty was just getting going.

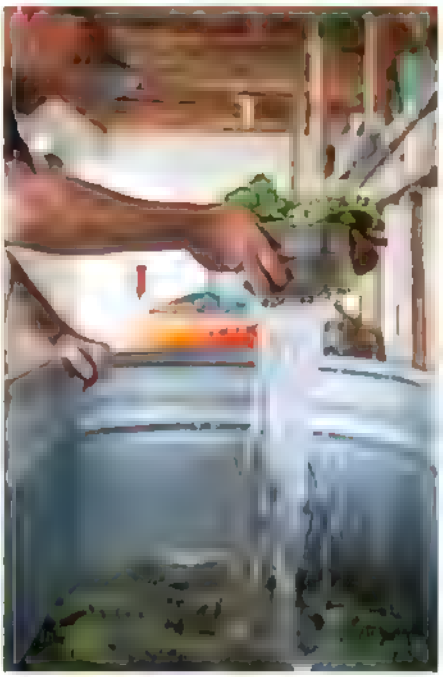
"I was inspired to cook by my grandma and mom and dad. They were good party-throwers. I always thought that was so fun. In 4-H I failed sewing for sure. But I thrived in every cooking class."

Sylvia Tawse (*this page*) and Lyle Davis (*opposite, top left*) gave the old buildings on this farm new purposes. The dairy barn is used for floral arranging and another rustic building became a kitchen. They brought in new animal-watering troughs to wash lettuce (*far right*).

PASTURES

MENU

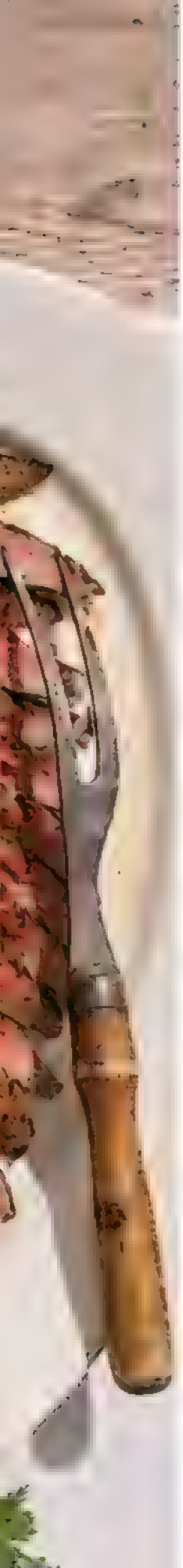




UNCORKED IN COLORADO

In the McElmo Canyon in the Four Corners region of the state, **Sutcliffe Vineyards** is making impressive wines. Welshman John Sutcliffe, exuding charm and a passion for food and entertaining, creates warm and inviting wines that match his personality. We enjoyed his rich, lemony **Viognier**, the soft, raspberry-hued **Cinsaut** and a **Merlot** that rivals Right Bank Bordeaux. Available in many Colorado restaurants and online at *sutcliffewines.com*, these boutique wines round out any farm-fresh meal.

For more Pastures of Plenty farm-fresh recipes, visit eatingwell.com/webextra



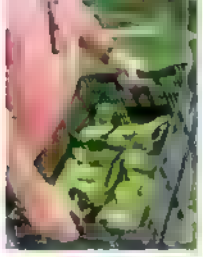
Sweet Corn Salad

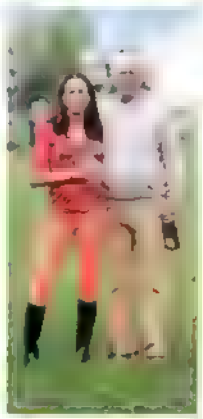
ACTIVE: 50 MIN **TOTAL:** 2 HRS
TO MAKE AHEAD: Hold at room temperature for up to 2 hours.

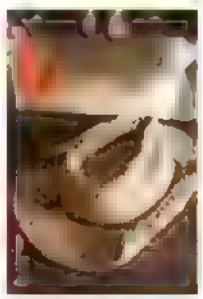
- 3 medium green chiles, such as New Mexico (Anaheims) *or* poblanos
- 4 medium plum tomatoes, halved
- 2 tablespoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- 8 large ears corn, husked
- 1 tablespoon butter
- 2 tablespoons low-fat mayonnaise
- 2 tablespoons lime juice
- 1 tablespoon chile powder, preferably New Mexico chile
- 1 clove garlic, minced
- ¼ cup chopped fresh cilantro

1. Position rack in upper third of oven; preheat broiler.
2. Place chiles on a rimmed baking sheet. Broil, turning every few minutes, until blackened on all sides, 6 to 10 minutes. Transfer to a medium bowl, cover with plastic wrap and set aside for about 20 minutes to loosen the skins.
3. Reduce oven temperature to 375°F.
4. Toss tomatoes and 1 tablespoon oil in a medium bowl. Arrange on the baking sheet, cut-side up, and sprinkle with ¼ teaspoon salt. Roast in the oven until browned, 1 to 1½ hours.
5. Meanwhile, cut corn kernels off the cobs. Heat butter and the remaining 1 tablespoon oil in a large skillet over medium heat. Add the corn and cook, stirring often, until tender-crisp, 3 to 5 minutes. Transfer to a large bowl.
6. Peel the chiles with your fingers. (It's OK if a little skin is left behind.) Cut them open lengthwise, remove the seeds, stem and white membrane, then chop. Transfer to the bowl with the corn.
7. Whisk mayonnaise, lime juice, chile powder, garlic and the remaining ¾ teaspoon salt in a small bowl.
8. When the tomatoes are done, let cool for 10 minutes, then coarsely chop. Add the tomatoes, the dressing and cilantro to the corn; stir until well combined.

SERVES 8: ABOUT ⅔ CUP EACH
Calories 194, Fat 8g (sat 2g), Cholesterol 5mg, Carbs 31g, Total sugars 11g (added 0g), Protein 6g, Fiber 4g, Sodium 212mg, Potassium 546mg.







Juniper-Marinated Bison Flank Steak

ACTIVE: 30 MIN **TOTAL:** 4½ HRS
(INCLUDING 4 HRS MARINATING TIME)
TO MAKE AHEAD: Marinate steak (Step 1) for up to 1 day.
Rich, lean bison meat really takes to the juniper-infused marinade. Look for the piney dried berries in well-stocked supermarkets. If you can't find bison you can order it from wildeabuffalo.com, but beef flank steak is just as delicious here.

- ¼ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- 2 tablespoons toasted sesame oil
- 2 tablespoons lemon juice
- 2 tablespoons reduced-sodium tamari
- 2 cloves garlic, minced
- 1 tablespoon juniper berries, crushed
- 1 tablespoon honey
- 2 teaspoons crushed red pepper
- 1 teaspoon kosher salt
- 2 pounds bison *or* beef flank steak, trimmed

1. To marinate steak: Combine olive oil, vinegar, sesame oil, lemon juice, tamari, garlic, juniper berries, honey, crushed red pepper and salt in a large sealable plastic bag. Add steak and turn to coat. Refrigerate for at least 4 hours and up to 1 day.
2. To grill steak: Preheat grill to medium-high.
3. Remove steak from the marinade about 30 minutes before you're ready to grill. Oil the grill rack (*see Tip, page 92*). Grill the steak, turning once, until desired doneness, 3 to 6 minutes per side for medium-rare, depending on thickness. Let rest on a clean cutting board for 5 minutes before thinly slicing against the grain.

SERVES 8: ABOUT 3 OZ. STEAK EACH
Calories 191, Fat 9g (sat 3g), Cholesterol 69mg, Carbs 1g, Total sugars 1g (added 1g), Protein 26g, Fiber 0g, Sodium 133mg, Potassium 338mg.

At the annual party, CSA members tour the farm to see where their vegetables and flowers grow. They also get to enjoy an amazing feast with new friends in a little slice of organic paradise.

"Farming is as much about creating a habitat and community as growing food."

Sicilian Pepper Salad

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: Hold at room temperature for up to 2 hours or refrigerate for up to 1 day; bring to room temperature before serving.

The defining taste of this pepper salad is the bold addition of vinegar and sugar that give it the pop of sweet and sour that's so common in Sicilian cooking. Sweet currants reflect the Arabic influence in Sicilian cuisine.

- 3 tablespoons extra-virgin olive oil
- 3 medium red bell peppers, sliced ¾ inch thick
- 5 Italian frying peppers, Cubanelles or banana peppers, sliced ¾ inch thick
- 4 cloves garlic, very thinly sliced
- 1 tablespoon dry white wine or water
- ⅓ cup white-wine vinegar
- 1 tablespoon sugar
- ¾ teaspoon kosher salt
- ½ cup currants
- ⅓ cup pine nuts, toasted
- 2 tablespoons chopped fresh parsley

Heat oil in a large skillet or pot over medium-high heat. Add peppers; cook, stirring often, for 5 minutes. Add garlic and wine (or water), cook, stirring occasionally, until almost tender, 3 to 5 minutes more. Add vinegar, sugar and salt; cook, stirring, for 1 minute. Remove from heat. Gently stir in currants and pine nuts Sprinkle with parsley just before serving.

SERVES 8: ¾ CUP EACH

Calories 142, Fat 9g (sat 1g), Cholesterol 0mg, Carbs 14g, Total sugars 10g (added 2g), Protein 2g, Fiber 3g, Sodium 112mg, Potassium 294mg

The Good Farmer Cocktail is a spirit-lifter after a long day on the farm. Place a sprig of fresh mint stem-side down in the bottom of a pint glass and mash with a muddler or small wooden spoon to release the oils from the stem and leaves. Fill the glass one-third full with crushed ice. Add ¾ cup of lemonade and 1½ ounces of bourbon; stir to combine. Garnish with a slice of lemon

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Grilled Eggplant & Baba Ghanoush

ACTIVE: 45 MIN **TOTAL:** 55 MIN

TO MAKE AHEAD: Hold at room temperature for up to 2 hours.

This recipe was adapted from Dennis' Seafood Kitchen at Pastures at Ponty, a first CSA members who's farmer restaurant was a part. Alexandra Stewart's [illegible] bread. Photo page 57

- 3 small eggplants (about 8 ounces each)
- 1½ teaspoons kosher salt, divided
- 3 cloves garlic, divided
- 4 tablespoons extra-virgin olive oil, divided
- 1 tablespoon butter, melted
- 1 large eggplant (about 1½ pounds)
- ½ cup tahini
- ¼ cup lemon juice
- ½ teaspoon ground pepper
- ⅓ cup crumbled goat cheese
- 1 tablespoon coarsely chopped parsley

1. Preheat grill to medium.

2. Cut small eggplants into ½-inch-thick rounds. Sprinkle both sides with ½ teaspoon salt and let stand for 10 minutes. Mince 1 garlic clove and combine with 2 tablespoons oil and butter in a small bowl. Brush on both sides of the eggplant slices.

3. Pierce large eggplant in several places with a fork. Grill, turning frequently, until starting to char on all sides, 15 to 20 minutes total. Move to a cooler spot and continue to cook, turning once, until very tender, 8 to 10 minutes more.

4. Meanwhile, grill the eggplant slices, turning once or twice, until tender and well-marked, 6 to 10 minutes total.

5. Cut the large eggplant in half. Scoop the flesh into a food processor. Add the remaining 1 teaspoon salt, 2 cloves garlic and 2 tablespoons oil, tahini, lemon juice and pepper. Process until almost smooth.

6. To serve, place the dip and eggplant slices on a platter. Sprinkle with goat cheese and parsley.

SERVES 10: ¼ CUP DIP & 2 SLICES EGGPLANT EACH

Calories 180, Fat 14g (sat 3g), Cholesterol 5mg, Carbs 11g, Total sugars 5g (added 0g), Protein 4g, Fiber 4g, Sodium 372mg, Potassium 382mg.

Bourbon Peach Cobbler

ACTIVE: 35 MIN **TOTAL:** 1¾ HRS

[illegible]

FRUIT

- 12 cups sliced firm ripe peaches, fresh or frozen, thawed (about 3 pounds)
- ½ cup packed light brown sugar
- 3 tablespoons all-purpose flour
- Pinch of kosher salt
- 3 tablespoons bourbon or 2 teaspoons vanilla extract

TOPPING

- 1 cup white whole-wheat flour
- ¾ cup all-purpose flour
- 3 tablespoons granulated sugar
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon kosher salt
- 6 tablespoons cold unsalted butter, cut into small pieces
- 1 cup buttermilk, plus more for brushing
- 2 teaspoons coarse sugar for sprinkling

1. Preheat oven to 375°F. Coat a 9-by-13-inch nonreactive baking dish (*see Tip, page 92*) with cooking spray.

2. To prepare fruit: Combine peaches, brown sugar, 3 tablespoons all-purpose flour and a pinch of salt in a large bowl. Transfer to the prepared baking dish. Drizzle with bourbon (or vanilla). Tightly cover with foil. Bake until the fruit is steaming, 20 to 30 minutes.

3. To prepare topping: Meanwhile, whisk whole-wheat flour, all-purpose flour, granulated sugar, baking powder, baking soda and salt in a large bowl. Add butter; rub with your fingers or use a pastry cutter until the pieces are smaller in size, but still visible.

4. When the peaches are steaming, drizzle buttermilk over the flour mixture and stir with a fork until just combined. Drop the cobbler topping on top of the hot fruit. Lightly brush the dough with buttermilk and sprinkle with coarse sugar.

5. Bake until golden brown, 35 to 40 minutes more. Let cool at least 15 minutes before serving.

SERVES 12

Calories 247, Fat 6g (sat 4g), Cholesterol 16mg, Carbs 44g, Total sugars 26g (added 13g), Protein 4g, Fiber 3g, Sodium 162mg, Potassium 362mg.

PHOTOGRAPH BY MICHAEL SEARNS

As Fresh as Vegetables from the Garden…

Carlson Norwegian Fish Oils provide the important omega-3s DHA and EPA, which current medical research suggests support cardiovascular, brain and vision health.* Pair Carlson fish oils with fresh, wholesome ingredients, and you've got a delicious and healthy meal the whole family will love.

Soba Noodles with Honey Ginger Peanut Sauce

1 (8-ounce) package soba noodles
2 cups lightly steamed bite-sized broccoli florets
1 small red bell pepper, thinly sliced
1/2 cup thinly sliced scallions
1/2 cup chopped peanuts, divided
1/4 cup chopped cilantro
1/3 cup soy sauce
1 tsp sesame oil
3 Tbsp **Carlson The Very Finest Fish Oil** Lemon Flavor
2 Tbsp peanut butter
1 Tbsp grated ginger
2 Tbsp rice wine vinegar
2 Tbsp honey
2 cloves garlic, minced
1-2 tsp red pepper flakes (or to taste)
Cilantro sprigs, for garnish

Prepare noodles as directed on package. Drain well, and place in a large bowl. Add broccoli, bell pepper, scallions, half the peanuts, and the chopped cilantro.

In a small bowl, whisk together the soy sauce, sesame oil, fish oil, peanut butter, ginger, vinegar, honey, garlic, and red pepper flakes. Add to noodle mixture and toss thoroughly to coat. Garnish with remaining chopped peanuts and cilantro sprigs. Tastes great served warm or cold.

Serves 4.

Please note: You cannot cook with fish oils because heat will damage the fragile oils. Fish oil can be added after cooking when the food has cooled.

Carlson 50

For more delicious recipes from Carlson visit **www.carlsonlabs.com**

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Wild Blue Maine

My first hike when I moved to Maine was up Pleasant Mountain, the highest peak in the southern part of the state. It was one of those perfect hiking days—low 70s with a light breeze and just a few puffy clouds.

As my husband, Dan, and I summited, the first thing we noticed wasn't the crystal-clear water of the lake below, but a half dozen people crouched over, armed with boxes of ziplocks and sturdy backpacks. It took us a few minutes to realize what they were doing. The scrubby bushes clinging to the ridgeline were covered in wild blueberries, and these people had climbed up the mountain to pick them. Dan and I each popped a handful in our mouths. The tiny berries exploded, first with a touch of bitterness from the skin, then a jolt of tartness, followed by the juicy sweetness that is the essence of blueberries.

For a few fleeting weeks each summer, enterprising Mainers head outside to pick and pick and pick. We stumbled upon wild blueberries on most every hike. They even took up residence along the town forest trails behind our house near Portland. During their season we found baskets overflowing with them at supermarkets and gas stations, and hand-painted signs on roads pointing to stands selling berries, homemade pies and jams.

These lowbush, or wild, blueberries spread voraciously in improbable environments, like mountaintops and the rolling glacial plains known as barrens that are primarily found along the northern coast of Maine. Farmers like Todd Merrill of Merrill Blueberry Farms harvest wild blueberries on managed land in the barrens. There you'll see wild blueberry bushes carpeting the ground thanks to underground stems that help the plants spread. A single wild blueberry plant averages 75 to 250 square feet but can cover more than an acre. These are not the fresh blueberries you find at the grocery store. Those larger, plump berries are picked off of highbush blueberry plants, which stretch up to 6 feet tall. But you likely have eaten wild blueberries. They're usually frozen, canned or used as an ingredient in products like pancake mixes. They are so fragile that less than 1 percent of the

For a few weeks each summer, from the coast to the mountaintops, this state is carpeted with wild blueberries. Get a taste of this seasonal treasure.

By Caelyn Malcom

LOCATION PHOTOGRAPHY BY
Dennis Welsh

FOOD PHOTOGRAPHY BY
Helen Norman

Wild blueberry plants are mowed down after the harvest. They grow back over the next year, then berries are harvested the second summer. This two-year cycle helps disrupt insects and weeds so the plants are exposed to a fraction of the pesticides and fungicides used on cultivated blueberries.

DON'T BE BLUE

If you're not lucky enough to have access to fresh wild blueberries, fret not: we also tested these recipes with fresh highbush blueberries with delicious results. Most of them work with frozen wild blueberries too.

Continued from page 61

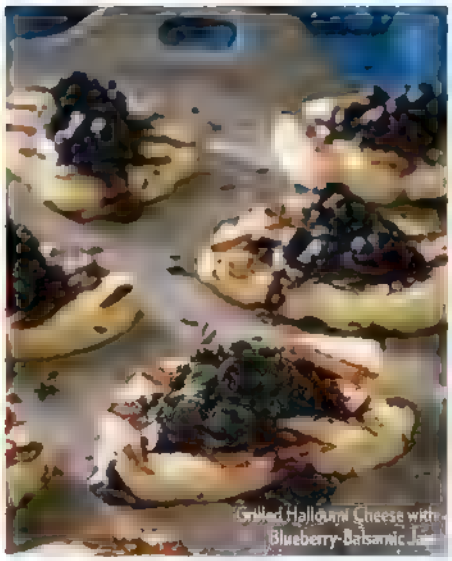
250 million pounds that are harvested annually are sold fresh

I visited the wild blueberry barrens in Maine during the harvest last summer where I met Merrill, a fourth generation blueberry farmer in Hancock. Merrill Farm harvests on average 2.5 million pounds of berries from its 1,600 acres each year. "I love farming wild blueberries because I love all of the unknowns and the constant change," Merrill says. "Every season is different and it keeps me on my toes." His family also pioneered the technology that brings us those individually frozen berries we love to blend into our smoothies, pancake batter and baked goods.

My four-year stint living in Maine gave me plenty of culinary inspiration for the recipes that follow. I don't have a huge sweet tooth, but if there's pie to be had, I'm digging in—especially if it's blueberry pie. I love using fruit in savory concoctions too. One of my new favorite recipes is the blueberry-balsamic jam that tops salty grilled halloumi. Any leftover jam tastes great on a peanut butter sandwich, which is just what I'll bring along the next time I go for a hike.

Senior food editor **CAROLYN MALCOUN** *loved living in Maine, but she's ecstatic to be back in her adopted home state of Vermont.*

Todd Merrill (*right*), pictured with his father, Richard, is the fourth generation to work on their Hancock, Maine, blueberry farm.



Grilled Halloumi Cheese with Blueberry-Balsamic Jam

The wonders of blueberries

Not all blueberries are created equal. Wild blueberries, which are smaller than cultivated berries, flourish in the harsh, cold climates found in Maine and eastern Canada. To protect themselves from these rough conditions, they produce more phytochemicals (plant chemicals) than their cultivated counterparts. In fact, research shows they also produce more beneficial phytochemicals than other berries (blackberries, raspberries, strawberries, cranberries), as well as fruits like grapes and apples. The primary phytochemicals in blueberries—anthocyanins—may help prevent cancer, heart disease and stroke. The protective benefits extend to the mind too. A study published in the *Journal of Agricultural and Food Chemistry* found that when older adults—specifically, those who had early signs of memory loss or forgetfulness—drank wild blueberry juice for 12 weeks, both their mood and memory (memorization and general recall) improved. —*Sara Haas, R.D.N., C.D.N.*

Most producers use a combination of traditional rakes (*pictured here*) as well as mechanical harvesters to gather the berries.

Mini Blueberry-Lemon Cheesecakes

Wild Blueberry Buckle

ACTIVE: 15 MIN. **TOTAL:** 1½ HRS.

TO MAKE AHEAD: Store at room temperature up to 1 day.

In just 15 minutes, you can have this delicious streusel-topped cake, brimming with blueberries. In the event that this classic will likely become your go-to summer dessert; just substitute whatever fruit is best at the moment for the blueberries.

- 2 cups white whole-wheat flour, divided
- ½ cup granulated sugar
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt plus a pinch, divided
- 1 large egg
- 1 cup buttermilk
- ¼ cup canola oil
- 2 teaspoons vanilla extract
- 2 cups blueberries, fresh or frozen (not thawed)
- ¼ cup packed brown sugar
- 2 tablespoons unsalted butter, melted
- ½ teaspoon ground cinnamon

1. Preheat oven to 375°F. Coat an 8-inch nonreactive baking pan (see *Tip, page 92*) with cooking spray.
2. Whisk 1¾ cups flour, granulated sugar, baking powder, baking soda and ½ teaspoon salt in a large bowl. Whisk egg, buttermilk, oil and vanilla in a medium bowl. Add the wet ingredients to the dry ingredients and mix until just combined.
3. Scatter blueberries in the prepared pan. Spread the batter evenly over the blueberries. Mix the remaining ¼ cup flour, brown sugar, melted butter, cinnamon and pinch of salt in a small bowl. Sprinkle over the batter.
4. Bake until the fruit is bubbling and the top is golden brown, 40 to 50 minutes. Let cool on a wire rack for at least 30 minutes. Serve warm or at room temperature.

SERVES 9

Per serving: 310 Calories, 10g Fat (2g Sat, 2g Mono), Cholesterol 29mg, Carbs 43g, Total Sugars 22g (added sugars 5g), Protein 5g, Fiber 4g, Sodium 274mg, Potassium 121mg.

Native Americans called them star berries

Maple Wild Blueberry Pie

ACTIVE: [illegible] **TOTAL:** 3 HRS (INCLUDING [illegible] COOLING) **MAKE AHEAD:** Refrigerate the crust (Step [illegible]) for up to 2 days. **EQUIPMENT:** 9-inch deep-dish pie pan

Pure maple syrup lets the blueberry flavor shine. Making a lattice top is easier than it looks—come to eatingwell.com/webextra to see a video. (Photo: page 3)

CRUST

- [illegible] cups white whole-[illegible]
- 1 cup all-purpose flour
- ¼ teaspoon salt
- [illegible] tablespoons cold unsalted butter (1 stick), cut into [illegible]
- [illegible] tablespoons canola oil
- [illegible] tablespoons ice water
- 1 large egg white beaten with 1 teaspoon maple syrup, for brushing

FILLING

- [illegible] cup pure maple syrup
- [illegible] cup all-purpose flour
- 2 tablespoons lemon juice
- ¼ teaspoon ground cinnamon
- Pinch of salt
- [illegible] cups blueberries, fresh or frozen (not thawed)

1. To prepare crust: Mix whole-wheat flour, 1 cup all-purpose flour and ¼ teaspoon salt in a large bowl or food processor. Work in butter using a pastry blender or two knives or by pulsing in the food processor until it's pebble-sized. Add oil and mix (or pulse) until combined. Add ice water, 1 tablespoon at a time, mixing (or pulsing) until the dough is evenly moist (but not wet) and is just starting to clump together, being careful not to overmix. Divide the dough into 2 pieces and pat each into a 5-inch disk. Wrap in plastic and refrigerate for at least 1 hour and up to 2 days.

2. Remove the dough from the refrigerator; let stand for 10 minutes to warm up slightly (20 minutes if chilled more than 1 hour).

3. Meanwhile, position [illegible] rack in center of oven and place [illegible]-lined baking sheet on the rack below. Preheat to 425°F.

4. Roll one portion of dough between sheets of plastic wrap or parchment paper into a 12- to 14-inch circle. Peel off the top sheet and invert the dough into a 9-inch deep-dish pie pan. Peel off the remaining sheet. Moisten the outer edge of the dough with water.

5. To prepare filling: Whisk maple syrup, flour, lemon juice, cinnamon and salt in a large bowl. Add blueberries; toss to combine. Spoon the filling into the crust.

6. To prepare lattice top: Roll the remaining dough between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet. Cut the dough into about twelve ½-inch strips using a pastry wheel or knife. Lift [illegible] every other strip and lay them on top of the pie, leaving about [illegible]-inch gap between strips. Use the shorter strips for the edges and the longer ones for the middle of the pie. Trim [illegible] strips [illegible] Fold [illegible] edge [illegible] Brush the strips [illegible] with the egg white–maple mixture.

7. Bake for 20 minutes. Rotate 180 degrees.

8. Reduce the oven temperature to 350°. Continue baking until the crust is golden and the filling is beginning to bubble, 50 minutes to 1 hour 20 minutes more. (If you used fresh berries, the pie will be done sooner than if made with frozen berries.) Check the crust toward the end; if it looks too dark, tent the top and edges with foil to prevent overbrowning. Let cool on a wire rack for at least 2 hours before serving.

SERVES 10

Calories [illegible]; Fat [illegible]g (sat 6g); Cholesterol 22mg; Carbs 43g; Total sugars 18g (added 11g); Protein 4g; Fiber 4g; Sodium 184mg; Potassium 136mg.

Maine Blueberry & Lobster Salad

ACTIVE: 25 MIN. **TOTAL:** 25 MIN.

This salad is equally good with crab as it is lobster. We find the taste and texture of freshly steamed lobster to be superior to precooked. You can ask for whole lobsters to be steamed at your seafood counter. (Photo: page 62)

- ¼ cup orange juice
- ¼ cup extra-virgin olive oil
- 2 tablespoons champagne vinegar or white-wine vinegar
- 1 tablespoon chopped shallot
- ½ teaspoon salt
- Pinch of ground pepper
- 10 cups torn red leaf lettuce (1-2 heads)
- 1½ cups fresh blueberries
- ¼ cup slivered red onion
- 1 tablespoon chopped fresh tarragon
- 1 pound chopped cooked lobster meat or crabmeat (about 2¼ cups)
- 6 tablespoons toasted sliced almonds

1. [illegible] **2.** [illegible] [illegible] Drizzle [illegible] Toss [illegible] Divide among [illegible] plates and sprinkle with almonds.

SERVES 6 [illegible] CUPS SALAD + ½ CUP

for the five-pointed shape on their blossom ends

Mini Blueberry-Lemon Cheesecakes

ACTIVE: 35 MIN. **TOTAL:** 3 HRS 10 MIN. (INCLUDING 2 HRS COOLING & CHILLING TIME)

TO MAKE AHEAD: Loosely cover and refrigerate for up to 1 day. **EQUIPMENT:** 2 muffin tins with 12 (½-cup) cups

These are just the thing to bring to a summer potluck. If making 2 dozen seems like overkill, the recipe can easily be cut in half. If you avoid gluten, use gluten-free graham crackers to make the crust. (Photo: page 64.)

- 1½ cups graham cracker crumbs (from about 10 whole graham crackers)
- 3 tablespoons canola oil
- 1 15-ounce container part-skim ricotta cheese
- 2 8-ounce packages reduced-fat cream cheese, at room temperature
- 4 large eggs
- 1 cup sugar
- 2 teaspoons lemon zest
- 5 tablespoons lemon juice
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1½ cups blueberries, fresh or frozen (not thawed), divided

1. Preheat oven to 325°F. Line 24 (½-cup) muffin cups with paper liners or coat with cooking spray.

2. Combine graham cracker crumbs and oil in a small bowl. Press about 2 teaspoons in the bottom of each muffin cup.

3. Beat ricotta in a large mixing bowl with an electric mixer until smooth. Add cream cheese, eggs, sugar, lemon zest and juice, vanilla and salt; beat until smooth. Fold in 1 cup blueberries. Spoon about ¼ cup cheesecake batter into each muffin cup. Sprinkle each cheesecake with some of the remaining blueberries.

4. Bake the cheesecakes until almost set in the center, 32 to 35 minutes. Let cool in the tin on a wire rack until room temperature, about 1 hour. Loosely cover with plastic wrap and refrigerate until cold, at least 2 hours and up to 1 day.

SERVES 24: 1 CHEESECAKE EACH

Calories 165, Fat 9g (sat 4g), Cholesterol 50mg, Carbs 16g, Total sugars 12g (added 10g), Protein 4g, Fiber 0g, Sodium 150mg, Potassium 84mg

BLUEBERRY BONUS
For a Bundt cake and smoothie recipe visit eatingwell.com/webextra

Grilled Chicken with Blueberry-Lime Salsa

ACTIVE: 40 MIN. **TOTAL:** 2 HRS 50 MIN. (INCLUDING 2 HRS MARINATING TIME)

TO MAKE AHEAD: Marinate chicken (Step 1) for up to 8 hours.

Here lime adds a tart punch to simple grilled chicken. We grate the zest into a quick rub that adds loads of flavor, then combine the lime segments with blueberries for a tart and refreshing salsa. Add more chile if you like it hot. (Photo: page 63.)

- 1 lime
- 1 tablespoon canola oil
- ¼ teaspoon salt plus ⅛ teaspoon, divided
- ¼ teaspoon ground pepper
- 2 bone-in, skinless chicken breasts, cut in half crosswise
- 1 cup blueberries, fresh or frozen (thawed), coarsely chopped if large
- ½ serrano or jalapeño pepper, or to taste, finely chopped
- 2 tablespoons finely chopped shallot
- 1 tablespoon chopped fresh cilantro

1. Zest lime (reserve the fruit). Combine the zest, oil, ¼ teaspoon salt and pepper in a small bowl. Place chicken in a shallow dish meat-side up and spoon the mixture on top. Cover and refrigerate for at least 2 hours and up to 8 hours.

2. Preheat grill to medium.

3. Oil the grill rack (*see Tip, page 92*). Grill the chicken until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 8 to 12 minutes per side. Transfer to a serving plate; let rest for 5 minutes.

4. Meanwhile, slice ends off the reserved lime. With a sharp knife, remove the white pith and discard. Cut the segments from their surrounding membranes and coarsely chop. Combine in a small mixing bowl with blueberries, chile, shallot, cilantro and the remaining ⅛ teaspoon salt, stirring gently. Serve with the chicken.

SERVES 4: ½ CHICKEN BREAST & ABOUT ¼ CUP SALSA EACH

Calories 195, Fat 7g (sat 1g), Cholesterol 68mg, Carbs 8g, Total sugars 5g, Added Sugars 0g, Protein 25g, Fiber 2g, Sodium 279mg, Potassium 274mg

Grilled Halloumi Cheese with Blueberry-Balsamic Jam

ACTIVE: 20 MIN. **TOTAL:** 1 HR 20 MIN.

TO MAKE AHEAD: Refrigerate jam (Step 2) for up to 1 week. Serve at room temperature.

Let us introduce you if you haven't already met, to halloumi. This Greek cheese is so firm that it can be cooked on the grill or in a skillet without melting all over the place. It's a tad salty, so a little goes a long way. Leftover jam is yummy on your morning toast. (Photo: page 64.)

- ¼ cup lemon juice
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- ¼ teaspoon ground pepper
- 8 ounces halloumi cheese, cut into 8 slices
- 2 cups blueberries, fresh or frozen (not thawed)
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- Pinch of salt

1. Combine lemon juice, thyme and pepper in a shallow dish. Add halloumi and turn to coat. Let marinate at room temperature, turning once, for 1 hour.

2. Meanwhile, combine blueberries, vinegar, honey and salt in a medium saucepan. Bring to a simmer over high heat, then reduce heat to medium and cook, stirring occasionally, until very thick and jamlike, 12 to 15 minutes for fresh berries, 20 to 30 minutes for frozen. Remove from heat.

3. Preheat grill to medium-high.

4. Oil the grill rack (*see Tip, page 92*). Grill the halloumi until warm and well marked, about 2 minutes per side. Use a metal spatula to help loosen the cheese from the grill before flipping it. Serve the cheese with the jam.

SERVES 8: 1 SLICE CHEESE & 1 TBSP. JAM EACH

Calories 124, Fat 8g (sat 5g), Cholesterol 20mg, Carbs 8g, Total sugars 6g (added 2g), Protein 6g, Fiber 1g, Sodium 320mg, Potassium 37mg

Crush pesto with this flavorful rainbow of new recipes. They're great on pasta, but try them as dips or spreads too.

- EACH RECIPE MAKES 1 CUP -

The Pesto

PARSLEY-CAPER PESTO

Pulse 2 cups firmly packed **parsley leaves** (about 2 bunches), ⅓ cup toasted slivered **almonds**, 1 tsp. **lemon zest**, 3 Tbsp. each **lemon juice** and rinsed **capers**, 1 small clove **garlic** and ¼ tsp. each **salt** and **pepper** in a food processor until coarsely chopped, scraping down the sides. With the motor running, add ⅓ cup **extra-virgin olive oil** and process until well combined, scraping down the sides.

TRY IT DOLLOP ON GRILLED FISH.

ROASTED TOMATO PESTO

Halve and seed 1⅗ lb. **plum tomatoes** (6-8 medium). Place them cut-side up on a baking sheet; drizzle with 1 Tbsp. **extra-virgin olive oil** and sprinkle with ¼ tsp. **salt**. Roast at 300°F until shriveled and brown on the bottom, 1½ to 1¾ hours. Let cool for about 15 minutes. Transfer to a food processor. Add 3 Tbsp. each finely shredded **Grana Padano cheese** and toasted **pine nuts**, 1½ tsp. fresh **thyme**, 1 small clove **garlic**, 1 tsp. **red-wine vinegar** and ¼ tsp. each **salt** and **pepper**. Pulse until well combined, scraping down the sides.

TRY IT SWAP FOR PIZZA SAUCE

BEET & ARUGULA PESTO

Wrap 1 small **beet** (about 3 oz.) in foil and roast at 400°F until tender, 40 to 50 minutes. Cool, peel and cut into chunks. Transfer to a food processor and add 2½ cups firmly packed **arugula**, ¼ cup toasted chopped **pecans**, 1 large clove **garlic**, 1 Tbsp. **white balsamic vinegar**, ½ tsp. **salt** and ¼ tsp. **pepper**. Pulse until coarsely chopped, scraping down the sides. With the motor running, add ¼ cup **extra-virgin olive oil** and process until well combined, scraping down the sides.

TRY IT SPREAD ON CROSTINI

STYLING: JOANNE T. HERGATT WITH CHRISTINA ZERKIS FOOD STYLING: JOANNE T. HERGATT WITH CHRISTINA ZERKIS PROPS: HANNE LETKE NO. ANGELA SOUTHERN

GET NUTTY

Pump up the nutty flavor in your pesto by toasting the nuts first. Toast in a small dry skillet over medium-low heat, stirring often, until fragrant and lightly browned.

Palette

By Hilary Meyer

PHOTOGRAPHY BY
Laurie Proffitt

GRILLED RADICCHIO PESTO

Cut a small head of **radicchio** (about 8 oz.) in half and brush with 1 Tbsp. **extra-virgin olive oil**. Grill over medium heat until lightly charred, 3 to 4 minutes per side. Cool slightly, remove the core and coarsely chop the leaves. Transfer to a food processor and add ⅓ cup finely shredded **Pecorino Romano cheese**, 3 **anchovies**, 1 large clove **garlic**, 2 Tbsp. **white balsamic vinegar** and ½ tsp. **pepper**. Pulse until finely chopped, scraping down the sides. With the motor running, add ⅓ cup **extra-virgin olive oil** and process until well combined, scraping down the sides.

TRY IT SPOON OVER GRILLED STEAK.

PESTO TRAPANESE

Pulse 1½ cups yellow or red **cherry tomatoes** (about 6 oz.), 8 large **basil leaves**, 3 Tbsp. toasted whole **almonds**, 1 small clove **garlic**, ½ tsp. finely chopped fresh **chile pepper** (or to taste) and ¼ tsp. each **salt** and **pepper** in a food processor until finely chopped, scraping down the sides. With the motor running, add 2 Tbsp. **extra-virgin olive oil** and process until well combined, scraping down the sides.

TRY IT TOSS WITH WHOLE-WHEAT PASTA

CLASSIC BASIL PESTO

Pulse 2½ cups firmly packed fresh **basil leaves**, ⅓ cup finely shredded **Parmigiano-Reggiano cheese**, ¼ cup toasted **pine nuts**, 1 large clove **garlic**, 1 Tbsp. **lemon juice**, ½ tsp. **salt** and ¼ tsp. **pepper** in a food processor until coarsely chopped, scraping down the sides. With the motor running, add ⅓ cup **extra-virgin olive oil** and process until well combined, scraping down the sides.

TRY IT STIR INTO A TOMATO SALAD.

MAKE AHEAD

Refrigerate pesto for up to 1 week (3 days for Grilled Radicchio and Trapanese). Or, better yet, freeze small portions in an ice cube tray, then transfer to a sealable plastic bag. Defrost as needed.

FOR NUTRITION INFORMATION, TURN TO THE RECIPE INDEX ON PAGE 93

Be a Salad Genius

Take your salad savvy to the next level with these bold recipes and tricks of the trade from a California salad guru

By Joyce Goldstein

PHOTOGRAPHY BY LAURIE PROFFITT

balance the sweet

When you add fruit to a salad, resist the urge to add balsamic vinegar; squeeze lemon into the dressing to pick up on the fruit's tartness

Green Salad with Peaches, Feta & Mint Vinaigrette (page 75)

get hands-on
Break up nuts with your fingers instead of chopping them with a knife to get less nut dust and more uniform pieces that are easier to spear with a fork.

Golden Beet, Green Bean & Fennel Salad with Scallops

ACTIVE: 1 HR **TOTAL:** 1 HR

TO MAKE AHEAD: Prepare beans, beets & vinaigrette; refrigerate in separate containers for up to 1 day. Bring to room temperature before assembling the salad.

When shopping for scallops, avoid those treated with sodium tripolyphosphate (STP)—it can make them mushy and the scallops won't brown properly. Some scallops have a small white muscle on the side; remove it before cooking.

WALNUT VINAIGRETTE

- ½ cup walnut oil, preferably roasted walnut oil
- 3 tablespoons sherry vinegar
- 1 tablespoon lemon juice
- 1 teaspoon kosher salt
- ½ teaspoon ground pepper

SALAD

- 6 small golden beets (about 1 pound)
- 8 ounces thin green beans, trimmed
- ½ cup walnut halves, toasted
- 8 cups mixed greens
- 1 fennel bulb, cored and very thinly sliced
- ½ cup slivered fresh basil
- 18 dry sea scallops (about 1¼ pounds)
- 1 tablespoon lemon zest
- ½ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil

1. To prepare vinaigrette: Whisk walnut oil, vinegar, lemon juice, salt and ½ teaspoon pepper in a large bowl until well combined.

2. To prepare salad: Place beets in a medium saucepan, cover with cold water and bring to a boil. Reduce heat and simmer, partially covered, until tender, 20 to 30 minutes. Rinse with cold water to cool slightly. Peel and slice the beets.

3. Meanwhile, bring a large saucepan of water to a boil. Add green beans and cook until tender-crisp, 3 to 6 minutes. Rinse with cold water to cool slightly. Drain, then pat dry.

4. Break walnut halves into pieces still large enough to pick up with a fork. Add the walnuts and beets to the vinaigrette and let marinate for 15 minutes, stirring occasionally. Add the green beans, greens, fennel and basil to the bowl; toss to combine. Divide the salad among 6 plates.

5. Pat scallops dry and sprinkle both sides with lemon zest and pepper. Heat olive oil in a large cast-iron or nonstick skillet over medium-high heat. Cook the scallops until golden, 2 to 3 minutes per side. Top each salad with 3 scallops.

SERVES 6: 2 CUPS SALAD & 3 SCALLOPS EACH
Calories 319, Fat 21g (sat 2g), Cholesterol 23mg, Carbs 19g, Total sugars 7g (added 0g), Protein 16g, Fiber 7g, Sodium 651mg, Potassium 902mg

Spinach Salad with Beets, Beans & Feta

ACTIVE: 1 HR **TOTAL:** 1¾ HRS

TO MAKE AHEAD: Prepare beans, beets & vinaigrette, refrigerate in separate containers for up to 1 day. Bring to room temperature before assembling the salad.

Salty feta, briny olives and earthy beets give a Greek feel to this vegetarian dinner salad. You can't beat the taste and texture of freshly cooked beans, but you can skip that step and use 2 cups rinsed canned white beans instead. Use a fruity olive oil from the Italian Riviera or southern France in the dressing so the other flavors shine.

OREGANO-GARLIC VINAIGRETTE

- 3 tablespoons dried oregano, preferably Greek
- ½ cup extra-virgin olive oil
- ½ cup red-wine vinegar
- 2 cloves garlic, minced
- ¾ teaspoon kosher salt
- ½ teaspoon ground pepper

SALAD

- 1 cup dried white beans, soaked *(see Tip, page 92)*
- 2 cloves garlic, peeled
- 1 bay leaf
- 1 teaspoon kosher salt
- 1 cup thinly sliced red onion
- 6 medium red *or* Chioggia beets (about 1½ pounds)
- 12 cups baby spinach
- ½ cup Kalamata olives
- ½ cup crumbled feta cheese

1. To prepare vinaigrette: Crumble oregano into a small dry skillet. Toast over low heat for a minute or two. Add oil, vinegar, minced garlic, ¾ teaspoon salt and ½ teaspoon pepper. Heat until just warm, about 1 minute. Transfer to a large bowl and whisk until well combined.

2. To prepare salad: Drain the soaked beans, transfer to a large saucepan and cover with fresh water by about 2 inches. Bring to a gentle boil; add garlic and bay leaf. Reduce heat, skim any foam, partially cover, and simmer gently for 20 minutes. Add salt and continue simmering until the beans are tender, testing frequently for doneness, 20 to 40 minutes more.

3. Drain the beans; discard the garlic and bay leaf. Return to the pan, stir in ⅓ cup vinaigrette; let marinate for about 30 minutes. Add onion to the remaining vinaigrette; marinate for 30 minutes.

4. Meanwhile, place the beets in a medium saucepan, cover with cold water and bring to a boil. Reduce heat and simmer, partially covered, until tender, 20 to 30 minutes. Rinse with cold water to cool slightly. Peel and cut the beets into wedges.

5. Gently toss the beans, beets and spinach with the onion and vinaigrette to combine. Serve topped with olives and feta.

SERVES 6: ABOUT 2 CUPS EACH

Calories 419, Fat 25g (sat 5g), Cholesterol 11mg, Carbs 36g, Total sugars 7g (added 0g), Protein 14g, Fiber 10g, Sodium 615mg, Potassium 1,149mg.

make it melt

Crumble and toast dried herbs, like the oregano in the dressing for this spinach salad, to intensify their flavors.

Escarole & Roasted Vegetable Salad with Anchovy-Garlic Vinaigrette

ACTIVE: 1¼ HRS **TOTAL:** 1½ HRS

TO MAKE AHEAD: Prepare roasted vegetables and vinaigrette; refrigerate in separate containers for up to 1 day. Bring to room temperature before assembling the salad.

If you've never tossed tender, nutty roasted vegetables into your salad, let this be your invitation to do just that. The time it takes to prep the fresh artichokes is well worth it—their flavor and texture can't be beat.

ANCHOVY GARLIC VINAIGRETTE

- 8 anchovy fillets, patted dry and minced
- 1 tablespoon minced garlic
- ⅔ cup extra-virgin olive oil, divided
- ⅓ cup red-wine vinegar
- Ground pepper to taste

BREADCRUMB TOPPING

- 1½ cups coarse fresh breadcrumbs *(see Tip, page 92)*
- 2 tablespoons extra-virgin olive oil
- ¾ teaspoon ground pepper

SALAD

- 12 baby yellow potatoes
- 4 cups cauliflower florets
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon kosher salt
- 4 large artichokes *or* one 8-ounce can artichoke hearts, rinsed
- 1 cup sliced celery
- 8 cups coarsely chopped escarole
- 6 cups sliced Belgian endive, radicchio *and/or* frisée

1. **To prepare vinaigrette:** Combine anchovies and garlic in a small saucepan with ⅓ cup oil. Warm over medium-low heat until fragrant, 2 to 4 minutes. Remove from heat and whisk in the remaining ⅓ cup oil and vinegar. Season with pepper.

2. **To prepare breadcrumbs:** Preheat oven to 350°F.

3. Combine breadcrumbs with oil and pepper in a large bowl. Spread on a rimmed baking sheet. Bake, stirring occasionally, until golden brown, 15 to 20 minutes. Transfer the breadcrumbs to a small bowl.

4. **To prepare salad:** Increase oven temperature to 400°.

5. Toss potatoes and cauliflower with 2 tablespoons oil and salt in the large bowl. Spread on the baking sheet. Roast for 10 minutes.

6. Meanwhile, if using fresh artichokes, remove all the leaves until you get to the fuzzy white chokes. Scrape the chokes from the artichoke hearts with a small spoon. Trim the dark green layer away from the outside of the heart and stem. (If using canned artichokes, thoroughly pat dry). Cut the hearts into ⅜-inch-thick slices and toss with the remaining 1 tablespoon oil in the large bowl. Add to the baking sheet with the potatoes and cauliflower. Continue roasting until tender, 10 to 15 minutes more. When cool enough to handle, cut potatoes in half or in quarters.

7. Transfer the potatoes, cauliflower and artichoke hearts to the large bowl. Add celery and half the vinaigrette; let marinate for 15 minutes, stirring occasionally.

8. Toss escarole and endive (or radicchio or frisée) in another large bowl with the remaining vinaigrette. Divide the greens among 6 salad plates. Top each portion with about 1 cup of the marinated vegetables and a sprinkling of the toasted breadcrumbs.

SERVES 6: 2¼ CUPS EACH

Calories 472, Fat 38g (sat 5g), Cholesterol 5mg, Carbs 28g, Total sugars 2g (added 0g), Protein 7g, Fiber 11g, Sodium 436mg, Potassium 926mg

be a matchmaker

Choose bitter greens with assertive textures, such as escarole, frisée and Belgian endive that stand up to the roasted vegetables.

Green Salad with Peaches, Feta & Mint Vinaigrette

ACTIVE: 30 MIN **TOTAL:** 30 MIN

This eye-catching side follows one of the essential formulas for great salads: toss greens with fruit, nuts and cheese. Melons are a good alternative to the stone fruit later in the summer. (Photo: page 70.)

MINT VINAIGRETTE

- ¼ cup chopped fresh mint
- 3 tablespoons lemon juice
- ⅓ cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 1 teaspoon honey
- ½ teaspoon kosher salt

SALAD

- 12 cups bitter greens, such as arugula, mizuna *and/or* watercress, tough ends trimmed
- ½ cup packed slivered mint
- ¼ teaspoon kosher salt
- 6 ripe peaches *or* nectarines, sliced
- ⅓ cup sliced *or* slivered almonds, toasted
- ¾ cup crumbled feta *or* goat cheese (about 3 ounces)

1. To prepare vinaigrette: Combine chopped mint and lemon juice in a small saucepan. Bring to a boil and remove from heat. Let steep for about 10 minutes. Strain into a large bowl, pressing on the leaves to extract all the liquid. (You should have about 3 tablespoons liquid after straining.) Add oil, vinegar, honey and ½ teaspoon salt; whisk until well combined.

2. To prepare salad: Add greens and slivered mint to the bowl with the vinaigrette and sprinkle with salt. Add peaches (or nectarines) and almonds; gently toss to combine. Serve the salad topped with feta (or goat cheese).

SERVES 6: ABOUT 1½ CUPS EACH

Calories 270, Fat 19g (sat 4g), Cholesterol 12mg, Carbs 22g, Total sugars 15g (added 1g), Protein 7g, Fiber 6g, Sodium 329mg, Potassium 730mg.

SALADS GALORE!
For more summer salad recipes visit eatingwell.com/webextra

Chicken & Farro Herb Salad

ACTIVE: 1 HR **TOTAL:** 1 HR

TO MAKE AHEAD: Prepare through Step 3; refrigerate the dressed farro and the remaining vinaigrette in separate containers for up to 2 days. Bring to room temperature before finishing the salad.

Farro is an ancient form of wheat common in Italy. We love its nutty flavor and quick cooking time. Swap freekeh or bulgur for the farro if you'd like.

RED-WINE VINAIGRETTE

- ⅓ cup red-wine vinegar
- 1½ tablespoons Dijon mustard
- 1 small clove garlic, minced
- ¾ teaspoon kosher salt
- ½ teaspoon ground pepper
- ½ cup extra-virgin olive oil

SALAD

- 3 cups water
- 1 cup farro
- 1½ pounds boneless, skinless chicken breast, trimmed
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 1 fennel bulb, cored and chopped
- 1 cup diced carrot
- 1 cup chopped seeded English cucumber
- ½ cup finely chopped red onion
- ¼ cup chopped flat-leaf parsley
- ¼ cup fresh basil, very thinly sliced
- ¼ cup fresh mint, very thinly sliced
- 2 cups arugula, tough stems removed, coarsely chopped
- ¼ cup oil-cured black olives, sliced

1. **To prepare vinaigrette:** Whisk vinegar, mustard, garlic, ¾ teaspoon salt and ½ teaspoon pepper in a medium bowl. Whisk in oil.

2. **To prepare salad:** Bring water to a boil in a medium saucepan. Add farro, reduce heat to low, cover and simmer until just tender, 15 to 25 minutes. Drain; transfer the farro to a large bowl.

3. Toss ⅓ cup of the vinaigrette with the warm farro, let stand until cool.

4. Preheat grill to medium-high.

5. Sprinkle chicken with salt and pepper. Oil the grill rack (*see Tip, page 92*). Grill the chicken, turning once or twice, until cooked through, 12 to 16 minutes. Let cool 5 minutes and slice.

6. Stir fennel, carrot, cucumber, onion, parsley, basil, mint and ⅓ cup vinaigrette into the farro.

7. Just before serving, stir arugula into the farro mixture. Serve topped with the chicken and olives, drizzled with the remaining vinaigrette.

SERVES 6: 1⅓ CUPS SALAD & 3 OZ. CHICKEN EACH

Calories 459, Fat 24g (sat 4g), Cholesterol 63mg, Carbs 32g, Total sugars 3g (added 0g), Protein 28g, Fiber 5g, Sodium 513mg, Potassium 530mg.

...ve grains guilt-o

For the best flavor, toss grains with some of the dressing while they're still warm—the grains will absorb lots of flavor as they cool.

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GOOD SEED, BAD SEED

Are GMOs the answer to

BY BARRY ESTABROOK

ILLUSTRATIONS BY TREMENDOUSNESS

For 50 years, plant breeders grappled with a vexing difficulty whose solution was tantalizingly evident, but out of reach. Rice loves to sink its roots into water-saturated soil, but most rice varieties die if the plants are totally submerged for more than a few days. In impoverished eastern India and Bangladesh alone, farmers lose an estimated 4 million tons of rice each year—enough to feed 30 million people—when floodwaters inundate their crops, something that is all too common in the low-lying, monsoon-wracked area, and bound to become even more common as sea levels rise because of climate change. But agricultural experts knew of one ancient, almost forgotten, variety of rice that could survive being submerged for as long as two weeks. Unfortunately, its yields were too skimpy to make it a practical source of food. Decades of trying to cross it with high-yielding rice strains resulted in a series of frustrating failures. It seemed like the genetic traits that gave the rice

safer, more efficient farming or are they the poster child for an unhealthy food supply?

its ability to survive submersion were intractably linked to those that made it produce low quantities of grain.

In the mid-1990s, Pamela Ronald, Ph.D., a geneticist at the University of California, Davis, and her two associates David Mackill and Kenong Xu, brought their expertise to the problem and used genetic-engineering techniques and advanced computer programs to discover—out of the 42,000 genes in rice—a single gene that carried the submergence-tolerance trait. They spliced that gene into a high-yielding rice variety that would normally have died in a flood and transplanted the genetically modified seedlings along with unmodified seedlings into a Davis greenhouse plot that they intentionally flooded. Two weeks later, they returned. They noticed that most of the rice plants were weak, spindly, pale and dying, but encountered a few rows of vigorous, bright green plants. Bending over for a closer look, they determined that the survivors were the ones into which they had inserted the flood-resistant gene. Ronald was elated, but her happiest moment came several years later. "I stood on a farm in Bangladesh and saw how the gene we discovered (which Mackill had introduced into a new rice variety) allowed farmers to triple their yields from flooded fields," she said when I visited her office earlier this year.

Ronald is a trim, fit woman. She rides her bicycle five miles to and from work each day and the diet she and her husband and two teenage children eat is healthy and rarely includes red meat. She is also an evangelist for what she calls "plant genetic improvement." Listening to her relate the story of her "scuba" rice and how it is helping feed some of the world's poorest people, I found myself

In just the past 20 years, genetically modified (GM) crops have come to dominate our food supply. Half of all U.S. farmland is planted with GM crops, the majority of which go into animal feed and fuel. Still, ingredients from these crops make their way into three-quarters of the processed foods on store shelves.

thinking, this is a no-brainer. What's not to like? How is it that genetically modified organisms (GMOs) became one of the hot-button food issues of our day, sparking furious debate?

On one side are agribusinesses, government agencies and scientists like Ronald. "The consensus that the process of genetic engineering is as safe or safer than conventional methods is stronger than even the consensus that the climate is changing or that vaccines are safe," she said. The National Academy of Sciences, the American Medical Association, the World Health Organization, the American Association for the Advancement of Science and dozens of other internationally respected groups all agree that the GMOs currently on the market are as safe and healthful as their conventional counterparts.

Yet almost two-thirds of American adults still feel that GMOs are unsafe, according to a survey released this year by the Pew Research Center. The gap between science and public opinion on GMOs is wider than it is on other controversial science, food and public health issues. "Scientists understand the authority of the well-respected, nonprofit global scientific organizations that say genetic modification is safe," said Ronald. "The public is often not familiar with these leading agencies so instead get much of their information from digital and broadcast media. It is very difficult for the public to navigate this terrain."

The controversy includes claims by anti-GMO campaigners that genetically engineered crops can increase cancer and chronic illnesses. Plus, they say altered foods can contain unsuspected allergens and be nutritionally deficient. They hold out the specter that the technology is fraught with unknown, potentially catastrophic dangers. Others worry about the environmental damage done by the increased use of herbicides in connection with growing GM crops and that GM farming will perpetuate the evolution of weeds and insects that are immune to pesticides.

Whether these concerns are warranted or not, some major food companies have responded by removing GMOs from their products. Popular products that have gone non-GMO include General Mills original-flavor Cheerios and Post Grape-Nuts. Kellogg's-owned Kashi has pledged to remove GMOs from at least half of its products by the end of the year and Ben & Jerry's is phasing out genetically modified products in its ice cream (and supports GMO labeling). Target offers about 70 GMO-free store-brand food products in its stores.

THE SAFETY DEBATE

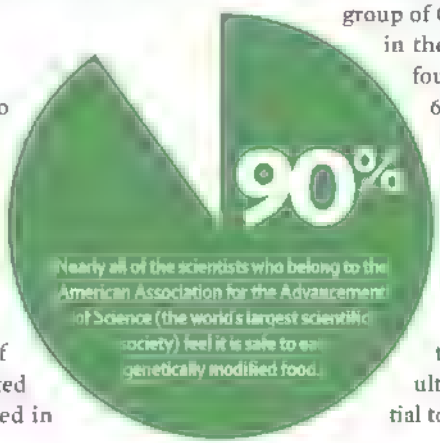
GMOs became commercially available to farmers in 1996. (GMO, GE, GM, transgenic and genetic modification all mean the same thing.) Some of the first genetically modified crops introduced were corn, cotton and soybeans. By 2013, American farmers planted GM varieties on about 170 million acres—close to half of the total land used for crops in the country. Roughly 90 percent of the corn and soybeans produced in the United States is GM, the majority of which is used in animal feed and fuel. Virtually all U.S.-grown sugar beets (which are not the same beets you eat) are modified—and account for over half of the sugar produced in the country. Genetically modified ingredients like high-fructose corn syrup and vegetable oil can be found in about three-quarters of the processed foods on supermarket shelves (*see "Where the GMOs Are," page 84*).

Those who say there is no safety problem with GM foods point to the two decades of their widespread use and contend that no studies have confirmed that a human has been sickened by a GM product. They also point to literally thousands of animal studies showing that GMOs are both safe and no different from conventional crops. But most of these studies focus on a specific subset of GMO technology and are too arcane to be understood by non-scientists. They have titles like "Composition of grain... from second-generation glyphosate-tolerant soybean... is equivalent to that of conventional soybean." Fortunately, researchers have reviewed such studies, often hundreds for a single paper, and produced reports that provide a broader perspective. In a 2010 article for the journal *Food and Chemical Toxicology*, Wayne Parrott, Ph.D., of the University of Georgia, whose expertise is in plant breeding and genomics, compiled the results of more than 200 papers and concluded that taken as a whole, the research provides a "high level of assurance that such engineered crops [are] safe for food and feed use." Another review of more than 1,700 studies that appeared in *Critical Reviews in Biotechnology* in 2014 stated: "The scientific research conducted so far has not detected any significant hazards directly connected with the use [or eating] of GE crops."

Formal safety tests are not mandatory for new GMO products to get FDA approval. Companies can voluntarily

Although many GMO supporters claim that the science on GMO safety is settled, the debate continues. In a 2011 paper, the respected Spanish toxicologist José L. Domingo, who is also the editor-in-chief of the journal *Food and Chemical Toxicology*, published a comprehensive review of scientific papers addressing the safety of GM foods and plants. He found plenty of disagreement. The numbers of authors saying GMOs were safe and those raising "serious concerns" were nearly equal. Moreover, he noted, most of the favorable studies had been conducted by scientists working at the biotechnology companies responsible for commercializing GM crops.

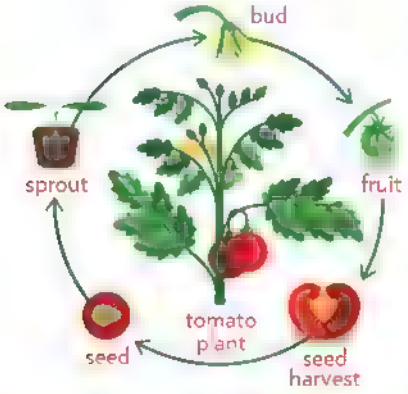
Then there's the roster of studies calling the safety of GM crops into question, which opponents draw upon. In 2011, a group of Canadian researchers published a paper in the journal *Reproductive Toxicology* that found traces of glyphosate in the blood of 69 women living in Quebec, as well as in the fetuses of those who were pregnant. (Glyphosate is the world's most-used weed killer, marketed by Monsanto as Roundup and Dow AgroSciences as Durango DMA; it's commonly used in conjunction with GM crops.) They speculated that the pesticides came from the meat of livestock fed GM crops. And ultimately concluded that "given the potential toxicity of these environmental pollutants

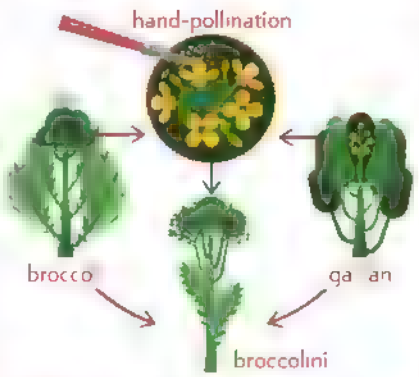

90%
Nearly all of the scientists who belong to the American Association for the Advancement of Science (the world's largest scientific society) feel it is safe to eat genetically modified food.

Heirloom to Hybrid to GM

From the advent of agriculture, farmers propagated crops using open pollination. More recently, hybridization and genetic modification have been introduced.

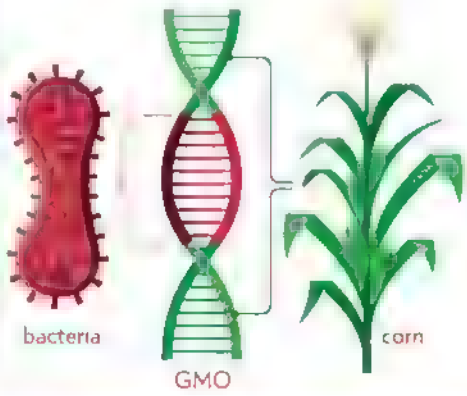
OPEN POLLINATION is the most basic propagation method: simply letting plants go to seed and saving those seeds to replant the next season. A heirloom crops were developed this way. Occasionally mutations would occur naturally, and if they produced a desirable trait—bigger fruits, hardier plants, earlier ripening—farmers kept those seeds and new varieties were developed (aka natural selection).





HYBRIDIZATION began in the 1920s. Two plant varieties (or two completely separate plants, such as broccoli and gai lan, above) are crossbred and their offspring carry the best traits of both parents. But in the following season, saved seeds from hybrid plants don't come back "true"—the plants produce a hodgepodge of traits. The only way to grow plants identical to the original hybrids is to cross the same parent plants again. Thus, customers have to purchase seeds every year, which commercial seed companies love.

GENETIC MODIFICATION is a process where scientists remove specific genes from *any* species—plant, animal, insect, bacterium—and transfer them into any other, something nature could never do. A bacteria gene that naturally produces an insecticide, for instance, can be inserted into corn, and the corn will produce the same insecticide. GMO, GE, GM, transgenic and genetic modification all mean the same thing.



submit studies to the FDA for "safety consultations," but even in such cases, the FDA doesn't do its own tests.

and the fragility of the fetus, more studies are needed." Another study found that Brazil-nut genes inserted into soybeans could have caused allergic reactions if people with nut allergies consumed the soy. The seeds, however, never made it to the open market. A study revealing that rats fed corn modified to resist Roundup suffered more tumors and died earlier than rats fed non-GMO corn was published in *Food and Chemical Toxicology* in 2012. The paper had been reviewed and approved by a panel of scientists prior to publication, but the editors retracted it after pro-GMO forces attacked the researchers' methods and conclusions. Those condemning the study claimed that the type of rats used in the experiment were prone to tumors and too few rats were studied to draw definite conclusions. Supporters of the research point out the study used the same number and type of rats used by seed companies in studies that show GMOs to be safe.

Michael Hansen, Ph.D., senior scientist at the Consumers Union, told me that another problem is that most studies showing GMOs to be safe last only 90 days—a short span of time even in the life of a lab rat. Long-term studies over the entire natural lifetime of experimental animals (around two years for a rat) are needed, according to Hansen. "No one is saying that GMOs cause acute problems," Hansen said. "You are not going to fall over dead or get sick the day after eating a chip made out of GMO corn, but there simply haven't been adequate studies of their long-term effects. Before they can be shown to be safe, those studies need to be done."

When I asked if he could point to any studies that showed evidence of GMOs harming a human's health, Hansen said that such studies would be virtually impossible to conduct. "You would have to track a group of people who had been exposed to GMOs and a group who had not." The absence of such studies, he said, means that scientists really don't know if GMOs are safe. "Saying there's no evidence really doesn't mean anything unless you've actually looked for evidence."

The Food and Drug Administration (the government agency charged with protecting human health through the regulation and supervision of food safety, supplements, pharmaceuticals, etc.) has approved GMOs currently in the marketplace, but Hansen takes issue with the basis of the FDA's approach. In 1992, before the large-scale introduction of GMOs to American farms, the FDA concluded that it was not aware of any information showing that GM techniques pose any "different or greater safety concerns than foods developed by traditional plant breeding." They looked at components such as protein, fat, oil and carbohydrate, and found GM food crops were the "same as or substantially similar to" their conventional counterparts and therefore did not require safety reviews. "The key factors in reviewing safety should be the characteristics of the food product rather than the fact that new methods are used [to develop the products]," the FDA wrote. As a result, formal safety tests are not mandatory for new GMO products to get FDA approval. Companies can voluntarily submit studies to the FDA for "safety consultations," but even in such cases, the FDA doesn't do its own tests. It relies instead on conclusions reached by the companies that produce and want to market the new GM products.

And those reports are considered to be company secrets, so the FDA does not make them public. A typical letter of approval from the FDA granted to Monsanto reads:

"It is our understanding that *Monsanto has concluded* that corn grain and forage derived from the new variety ... do not raise issues that would require... approval by the FDA." (Emphasis added.)

"Voluntary consultations with industry do not constitute a true safety assessment," said Hansen. But Monsanto contends that GM crops are more than adequately inspected. In an email, Tyson Pruitt, a company spokesman, wrote, "Biotech crops undergo more testing and oversight before commercialization than any other agricultural products, including conventional (or non-biotech) crops. In the U.S., every biotechnology product has to be submitted to two or more of the following agencies for approval: FDA, U.S. Department of Agriculture and the EPA."

THE ENVIRONMENTAL IMPACT

The vast majority of GMO crops do one of two things. They either create herbicide resistance, allowing farmers to chemically kill weeds but not damage their crops, or they cause plants to produce a toxin that kills some insects (a "built-in" insect resistance). There are environmental and human health benefits (and drawbacks) to both of these technologies.

GMOs can save human lives by reducing dependency on pesticides that are highly toxic to humans. In developing countries where farmers often do not understand the dangers of insecticides or cannot afford protective clothing or safe application devices, about 250,000 fieldworkers die each year from pesticide poisoning (this figure includes suicides by intentional poisoning). Use of these chemicals is reduced dramatically when land is planted with GM crops carrying genes that cause the plants to produce their own insecticide, eliminating the need to spray dangerous chemicals. The gene actually comes from a soil-dwelling bacterium called *Bacillus thuringiensis* (Bt) and produces a naturally occurring chemical that destroys the digestive tracts of certain insects (particularly the devastating pest, western corn rootworm) but is nontoxic to mammals, birds, bees and even earthworms. By planting Bt corn, U.S. farmers have reduced chemical insecticides tenfold. Today, less than 10 percent of U.S. corn farmers apply insecticide at all.

Plants engineered to survive herbicides may benefit the environment by enabling farmers to adopt so-called no-till practices.

My GMO-Free Day

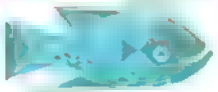
To understand just how pervasive genetically modified organisms (GMOs) are in our everyday food, I embarked on a day of completely non-GMO eating. Yes, I could just go 100 percent "USDA Organic" and/or "Non-GMO Project Verified," but that's not how I eat normally. Here's what happened in my GMO-free 24 hours. —*B.E.*

7:30 AM BREAKFAST
I steer clear of conventional packaged cereals, which contain ingredients such as GMO corn, soy and sugar (listed as sucrose, fructose, high-fructose corn syrup, maltodextrin, etc. on the label) and added vitamins produced by genetic engineering. I could opt for "organic" or "non-GMO" cereals.

Coffee (I take mine black). It's not modified. If I added sugar, I would opt for "pure cane." Over half of the sugar produced in the U.S. comes from sugar beets, nearly all of which are GMO.

I settle on line-caught wild tuna canned in water (to avoid vegetable oils, such as corn and canola, which are likely GMO), with some onion and celery, all dressed with cider vinegar and olive oil, plus a leaf of romaine lettuce.

I go for 2 organic eggs, fried in organic butter, and half a grapefruit. Most fruits on the market aren't modified, except for papayas from Hawaii.



Wild-caught seafood is an obvious non-GMO choice but farm-raised species (salmon, tilapia, shrimp, catfish) are often fed soy, virtually all of which is GMO.

The mayonnaise in the fridge lists canola oil and cornstarch, both probably GMO, in the ingredients.

12:30 P.M. LUNCH
A sandwich is a possibility because the loaf of bread I have on hand is organic. Wheat—the main ingredient in many breads—is not GMO, but GMO ingredients like corn syrup, sugar and soy flour are often added to conventional breads.

I end the day with a bowl of dark chocolate frozen yogurt—organic, of course, because some nonorganic dairy products contain milk from cows that have been injected with rBST, a GMO hormone.

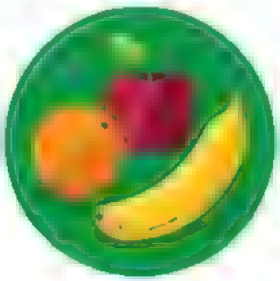
Traditionally, farmers plow (till) the top eight or ten inches of soil on their fields, turning it over and burying stubble from the previous season's crops, along with weeds, insect larvae and other soil-dwelling creatures that hinder crop growth the next season. Exposed to sun, wind and rain, the bare fields are prone to erosion, and earthworms and other organisms vital to the health of plants die. With no-till, the old crops' residues are allowed to stay in place and new seeds are planted in narrow troughs sliced into the earth. This method means the soil is not disturbed, so water absorption increases, preventing evaporation and boosting populations of soil fauna. Carbon from the previous season's crop residues stays buried in the soil (unlike when you till) and releases slowly into the air, which reduces planet-warming carbon in the atmosphere. This is called carbon sequestration. Although the amount of no-till acreage in the United States has steadily increased annually to now comprise about 34 percent of all cropland (thanks largely to herbicide-tolerant GMOs), not all farmers planting herbicide-resistant GMOs are adopting no-till practices (the biggest obstacle being high costs for no-till farming equipment).

Unfortunately, there are harmful effects to both herbicide-resistant and insect-resistant crops. Markedly higher amounts of herbicide need to be applied to no-till fields to kill weeds that would have been effectively controlled by plowing and cultivation. U.S. farmers' annual application of glyphosate has mushroomed. Since 1996—when herbicide-resistant crops were introduced—average herbicide use has about doubled in soybeans and more than doubled in cotton. In 2014, enough glyphosate was applied to spray nearly two-thirds of a pound on every cropland acre in the country. "No herbicide in history has come remotely close to glyphosate in terms of total pounds applied in the U.S., or globally," says Charles Benbrook, research professor at Washington State University's Center for Sustaining Agriculture and Natural Resources. Earlier this year, the World Health Organization (WHO) said the chemical is "probably carcinogenic to humans" after reviewing research indicating higher than normal cases of non-Hodgkin lymphoma among farmers who used glyphosate and experiments showing that rats and mice fed food contaminated with the herbicide developed tumors.

In a press release disputing the WHO's conclusion, Philip Miller, Ph.D., Monsanto's vice president of global regulatory affairs, said, "All labeled uses of glyphosate are safe for human health and supported by one of the most extensive worldwide

3:30 P.M. AFTERNOON SNACK
Feeling a little hungry again, I go into the kitchen. There's a piece of Cheddar cheese in the refrigerator, but most American hard cheeses, including jack and mozzarella, are made with a GM enzyme.

Other snacks, such as crackers, cookies and corn chips, are typically filled with GMOs: corn flour, HFCS, sugar, cottonseed oil, soybean oil, various cheeses.



I opt for fruit. I end up grabbing a banana off the counter.

5:30 P.M. COCKTAILS!
I like to unwind with a little bourbon, but it's made from field corn, most of which is GMO, so not today

Wine is generally GMO-free, although a very few American vintners ferment with GM yeast. A bottle from Europe, where GMOs are not used, is safe, but I don't want to uncork a whole bottle. There are a few Coronas on the shelf. Many major brands of beer contain GM ingredients, such as corn, corn syrup and HFCS. I check the web and see that national brands like Samuel Adams, Sierra Nevada, Heineken and Amstel Light are made without GM ingredients.

6:30 P.M. DINNER
There is pasta in the pantry made from wheat flour—again, a safe bet. If I didn't opt for an organic or non-GMO verified sauce or make my own, I'd need to check the ingredient lists of tomato sauce and/or paste for vegetable oils, such as soybean, and sugar and citric acid, which are often GMO. There are many sauces, however, that use olive oil and cane sugar, which aren't GMO.

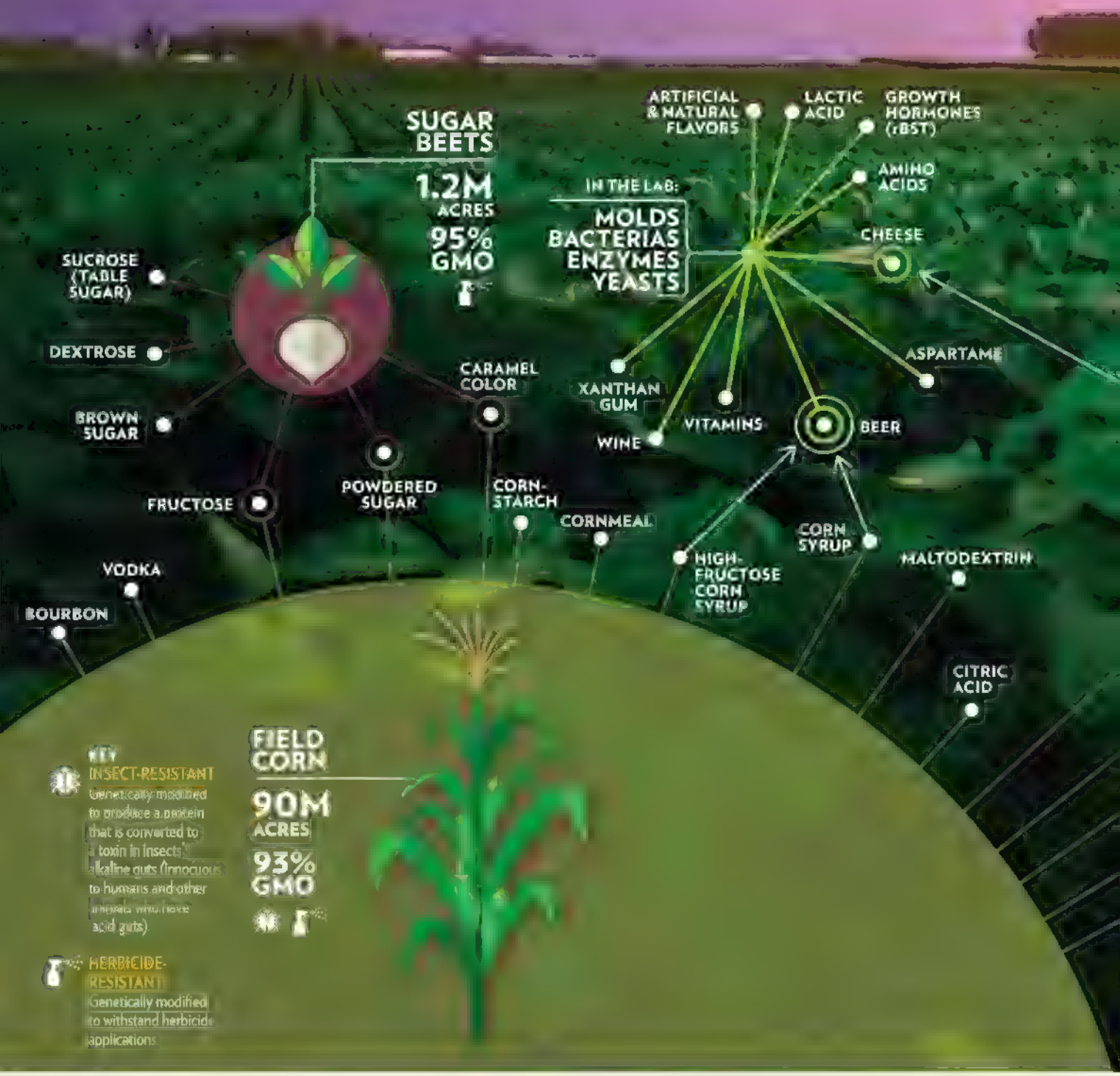
My best option is to go organic—a roast chicken.

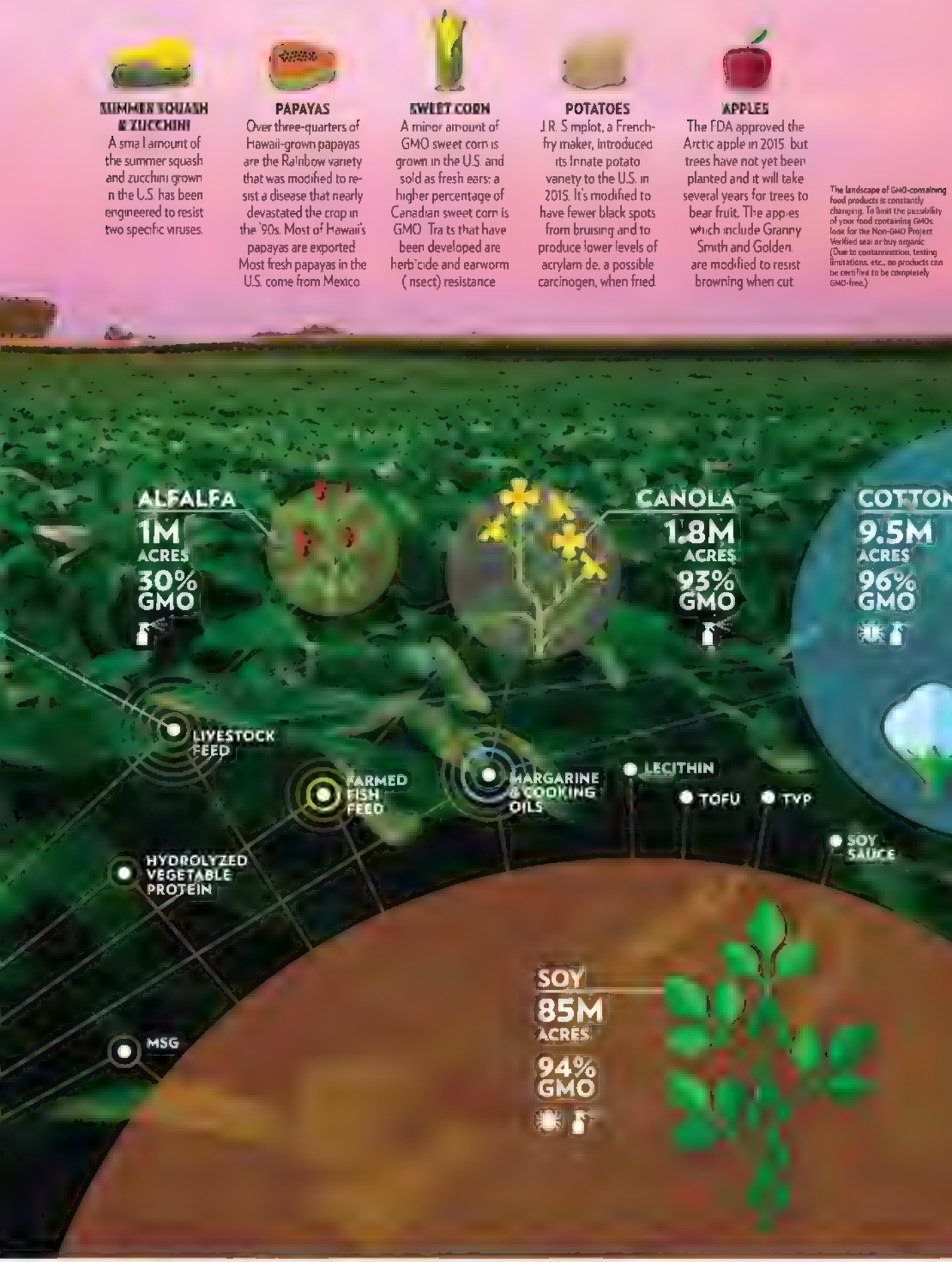
Most meat, fish, poultry and dairy comes from animals fed GM feed

Thirsty, I run out to the store for some Heineken.

WHERE THE GMOs ARE

Genetically modified organisms (GMOs) first became available to farmers in 1996. By 2013, close to half of all U.S. cropland was planted with GMOs. Ingredients made from GMOs can be found in an estimated 80 percent of the processed foods on U.S. supermarket shelves as well as in feeds for livestock and farmed fish. But very few of the whole foods we eat are GMO, and large quantities of some of the field crops are also used in nonfood products (field corn in ethanol, for example, and cotton in fabrics). Here we explore what crops are genetically modified and how they end up in our food. ***—Barry Estabrook & Anne Treadwell***




SUMMER SQUASH & ZUCCHINI
A small amount of the summer squash and zucchini grown in the U.S. has been engineered to resist two specific viruses.
PAPAYAS
Over three-quarters of Hawaii-grown papayas are the Rainbow variety that was modified to resist a disease that nearly devastated the crop in the '90s. Most of Hawaii's papayas are exported. Most fresh papayas in the U.S. come from Mexico.
SWEET CORN
A minor amount of GMO sweet corn is grown in the U.S. and sold as fresh ears; a higher percentage of Canadian sweet corn is GMO. Traits that have been developed are herbicide and earworm (insect) resistance.
POTATOES
J.R. Simplot, a French-fry maker, introduced its Innate potato variety to the U.S. in 2015. It's modified to have fewer black spots from bruising and to produce lower levels of acrylamide, a possible carcinogen, when fried.
APPLES
The FDA approved the Arctic apple in 2015, but trees have not yet been planted and it will take several years for trees to bear fruit. The apples, which include Granny Smith and Golden, are modified to resist browning when cut.
The landscape of GMO-containing food products is constantly changing. To limit the possibility of your food containing GMOs, look for the Non-GMO Project Verified seal or buy organic. (Due to contamination, testing limitations, etc., no products can be certified to be completely GMO-free.)
ALFALFA
1M ACRES
30% GMO
CANOLA
1.8M ACRES
93% GMO
COTTON
9.5M ACRES
96% GMO
LIVESTOCK FEED
FARMED FISH FEED
MARGARINE & COOKING OILS
LECITHIN
TOFU
TVP
SOY SAUCE
HYDROLYZED VEGETABLE PROTEIN
MSG
SOY
85M ACRES
94% GMO

Agribusinesses and large food companies spent more than $100 million to beat back GMO-labeling initiatives in California, Washington, Colorado and Oregon.

human health databases ever compiled on an agricultural product." He also said he did not know how WHO "could reach a conclusion that is such a dramatic departure from the conclusion reached by all regulatory agencies around the globe."

But there *is* agreement among experts that saturating farm fields with glyphosate has led to the evolution of herbicide resistance in at least 14 weed species in the U.S. To kill the "super weeds," farmers have resorted to more powerful alternatives, such as the herbicide 2,4-D, a component of the Vietnam War-era defoliant Agent Orange, which has been linked to cancer and reproductive problems. Seed companies have already introduced GM crop varieties engineered to survive being sprayed with 2,4-D, which GMO opponents say will result in a surge in 2,4-D's use similar to the rise in application of glyphosate.

Similarly, insects are developing immunity to Bt. In 2009, Aaron Gassmann, Ph D., an Iowa State University entomologist, discovered that corn rootworm in Iowa had begun to develop resistance to the pesticide. Rootworm Bt resistance has since developed in other states as well. The resistance also impacts many organic growers, as they are permitted to spray—and, thus, rely on—Bt insecticide (a natural pesticide) to control common pests, such as cabbage worms, on their crops.

COMMON GROUND

All the controversy left me wondering if there was any common ground between the pro- and anti-GMO camps. After I interviewed Pamela Ronald, I drove a short distance to UC Davis's 16-acre organic student garden. As I got out of my car, I saw an ancient orange tractor chugging toward me, a cloud of dust billowing behind it. The driver climbed down and proffered a calloused hand. He looked every inch an organic farmer, from his sun-reddened face in the shadows cast by a wide-brimmed straw hat to his stained Carhartt jeans and muddy rubber boots. His name was Raoul Adamchak. He teaches students about organic farming and manages the market garden—which is strictly non-GMO. He is also married to Pamela Ronald.

At the very least, I imagined that their perspectives on GMO technology would spark some lively dinner conversations. But Adamchak insisted that peace reigned around the family table. "We're both interested in improving the sustainability of agriculture. I'm organic because I do not like to use toxic, synthetic pesticides and don't want to be in an environment where they're used But 99 percent of American farmland is nonorganic. If there are GE crops that let those farmers reduce pesticide use or adopt environmentally beneficial no-till practices, then everyone benefits."

To that, Ronald later added, "We both have the same goal an ecologically based system of farming. I believe that feeding the growing population without further destroying the environment is one of the greatest challenges of our time. And genetic modification has a role to play." Ronald's own work is an example of how genetically modified crops could help meet that challenge—she has engineered strains of rice to resist bacterial disease and improve yields by 40 percent.

THE PROMISE OF GMOs

Consumers in the U.S. stand to benefit from other newly introduced GMOs. Early this year federal regulators gave official blessing for modified versions of potatoes that do not bruise easily and produce less of the potentially carcinogenic chemical acrylamide when deep-fried. This year also saw the approval of GM apples that don't brown when sliced, which could make a healthful product convenient—and more visually enticing—in school cafeterias and fast-food restaurants. Hawaiian papayas are available today because geneticists engineered them to resist a virus that had threatened to wipe out the industry in that state.

Hundreds more GM foods have been developed by researchers and companies but have not yet entered commercial production. They include pink pineapples that produce the good-for-you antioxidant lycopene, super-fast-growing salmon that need less precious marine-feed resources to grow and soybeans that yield oil that's high in heart-healthy omega-3 fatty acids. There's also Golden Rice, where genes from a soil bacterium and corn were put into traditional rice so that it produced beta carotene, a precursor to vitamin A. If rice-dependent developing countries grew and ate Golden Rice, it could help prevent as many as 2 million deaths and 500,000 cases of blindness each year.

"GMOs are not UFOs," Ronald said. "Every crop has to be looked at on a case-by-case basis. You can't generalize about genetically modified papayas and Golden Rice. They have completely different traits. They benefit completely different populations. What scares me most is that the poorest people who most need the technology may be denied access because of vague fears and prejudices of those who have enough to eat."

Her assertion points to a middle ground in the GMO debate. There are profound benefits to growing rice that allows a mother in the Philippines to spare her children from blindness or a farmer in Bangladesh to raise rice plants without exposing himself and his family to toxic insecticides or a Hawaiian papaya producer to stay in business. On the other hand, the direct benefits to consumers are less clear when you look at crops like corn and soy that make up the majority of GMOs grown in the U.S. today. Perhaps the federal agencies charged with protecting our health should require the multinational corporations selling GMOs to conduct rigorous, foolproof and thoroughly transparent testing before allowing GMOs to leave labs and enter the food supply. Better yet, perhaps the government agencies should be responsible for the testing. Shouldn't they take steps to prevent herbicide-resistant weeds and pesticide-tolerant insects from entering the environment? Until then, maybe consumers shouldn't be criticized for wanting GMOs to be labeled.

BARRY ESTABROOK *is a three-times James Beard Award-winning journalist. His most recent book is* Pig Tales: An Omnivore's Quest for Sustainable Meat *(W.W. Norton & Co., May 2015).*

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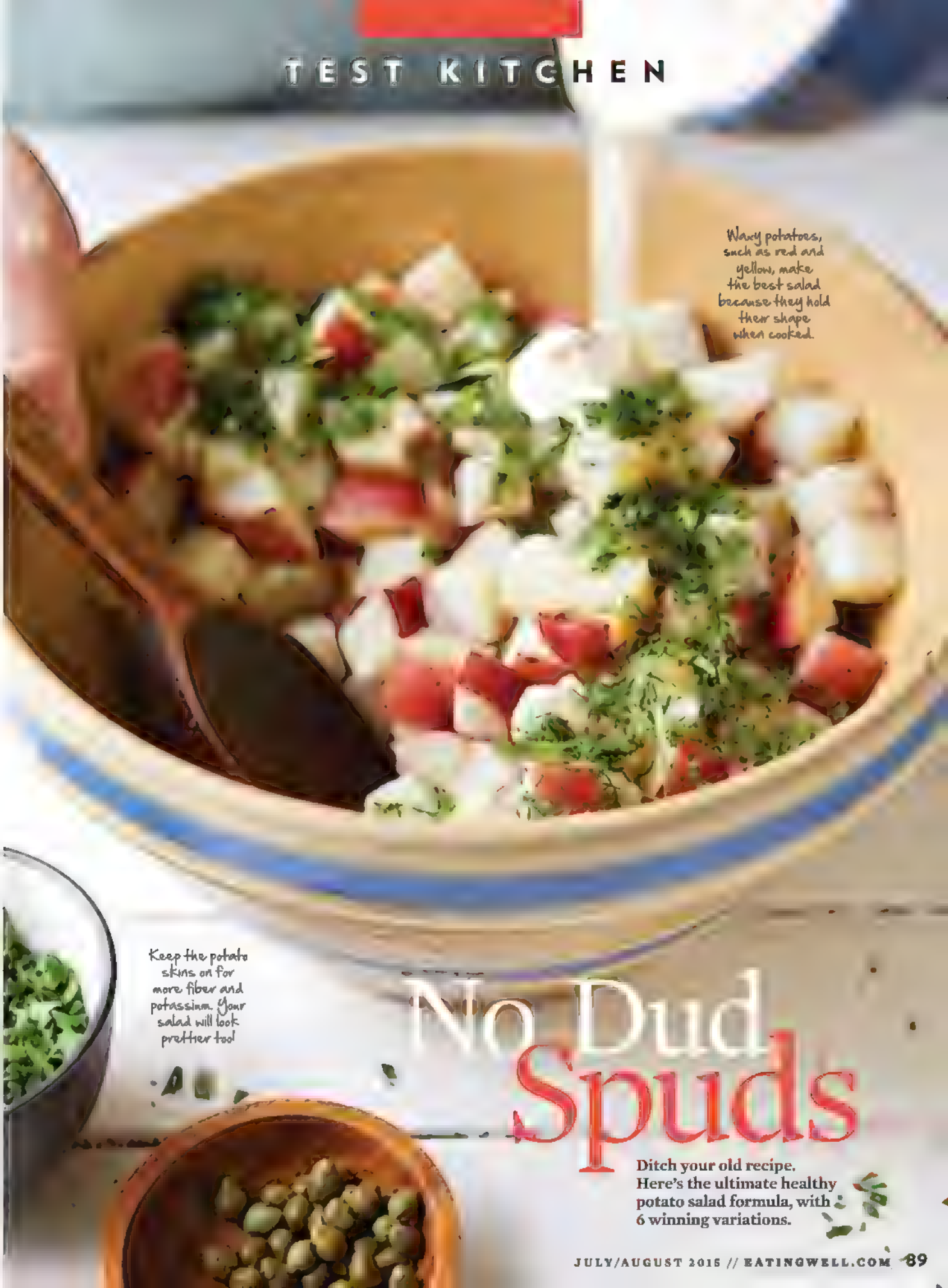

Waxy potatoes, such as red and yellow, make the best salad because they hold their shape when cooked.

Keep the potato skins on for more fiber and potassium. Your salad will look prettier too!

No Dud Spuds

Ditch your old recipe. Here's the ultimate healthy potato salad formula, with 6 winning variations.

Party Time!

Potato Salad Master Recipe

ACTIVE: 30 MIN **TOTAL:** 40 MIN
TO MAKE AHEAD: Cover and refrigerate for up to 1 day.
SERVES 10: ABOUT ¾ CUP EACH

Serve these potato salads at room temperature or refrigerate until cold

Prepare your potatoes:

Scrub and dice 2½ pounds of red or yellow **potatoes.** Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add the potatoes, cover and steam until tender, 12 to 15 minutes. Spread out on a baking sheet and sprinkle with ¼ teaspoon **salt**; let cool 15 minutes. Transfer to a large bowl.

Add your favorite flavor combo:

1 GREEK
- 1 cup halved cherry tomatoes
- ⅓ cup crumbled feta cheese
- ¼ cup quartered Kalamata olives
- 2 Tbsp. chopped fresh oregano *or* 2 tsp. dried

2 CLASSIC
- 2 large hard-boiled eggs, chopped
- 1 cup chopped celery

3 THREE-HERB
- 2 scallions, sliced
- 1 cup chopped mixed fresh herbs, such as parsley, dill and tarragon
- 2 Tbsp. capers, rinsed

4 BLUE CHEESE & BACON
- 1½ cups 1-inch green bean pieces
- 3 slices cooked bacon, chopped
- ¼ cup crumbled blue cheese

5 CURRIED
- 1 medium bell pepper, chopped
- ¾ cup frozen peas, thawed
- 2-3 tsp. curry powder

6 MIDDLE EASTERN
- 2 cups baby spinach, chopped
- 1 cup diced zucchini
- 2 Tbsp. chopped fresh marjoram *or* 2 tsp. dried
- 2 tsp. ground cumin

Toss with dressing of your choice:

CREAMY DRESSING
Whisk together ½ cup each **mayonnaise** and **low-fat plain yogurt**, ¼ cup finely chopped **onion**, 1 Tbsp. **Dijon mustard** and ½ tsp. each **salt** and **ground pepper.**

TANGY VINAIGRETTE
Whisk together ¼ cup **extra-virgin olive oil**, 3 Tbsp. **white-wine vinegar**, ¼ cup finely chopped **shallot**, 1 Tbsp. **Dijon mustard** and ½ tsp. each **salt** and **ground pepper.**

For nutrition analysis, turn to the recipe index on page 93.

For more potluck recipe ideas, visit eatingwell.com/webextra

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Presenting Promised Land Mint Chocolate Chip. Cool creamy mint, blended with decadent milk chocolate and rich Jersey milk. It's a taste and texture just like melted ice cream and an irresistible addition to our line of delicious flavors. But it's only available through August—so skip the ice cream parlor and visit the dairy case today.

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Miso (page 44) is a fermented soybean paste that adds flavor to dishes like soups and sauces. It's available in different colors; in general, the lighter the color, the more mild the flavor. Look for miso alongside the refrigerated tofu. It keeps in the refrigerator for at least a year.

Types of Miso

Soak dry beans (page 73) to ensure even cooking. Place in a bowl, cover with at least 2 inches of cold water and soak for 12 to 24 hours. Or, if you're in hurry, use the "quick-soak" method: Place beans in a large saucepan with enough cold water to cover by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour. Drain before cooking.

Don't toss your stale bread! Make your own breadcrumbs (pages 26, 74): Trim off any tough crusts and tear or cut the bread into pieces. Process in a food processor until coarse or fine crumbs form. Use right away or freeze in an airtight container for up to 6 months. Thaw before using. One slice of bread makes about ½ cup fresh coarse breadcrumbs.

Oiling a grill rack (pages 26, 28, 30, 55, 67, 76) before you grill helps prevent foods from sticking. Once the grill is heated, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Be sure to use nonreactive bowls, pans or baking dishes (pages 58, 65)—stainless-steel, enamel-coated, nonstick or glass—when cooking with acidic foods (citrus, berries, tomatoes) to prevent the food from reacting with the pan. Reactive pans, such as aluminum and cast-iron, can impart off colors and/or flavors.

While all types of wild salmon (pages 20, 44) are still considered "best choice" or "good alternative" for the environment, according to Seafood Watch, several types of farmed salmon are now on the "best" or "good" lists. When choosing farmed salmon, look for fish that's labeled land- or tank-based, which means it's raised in recirculating aquaculture systems that protect the surrounding environment and wild fish populations. For the most up-to-date information about choosing sustainable seafood, download the Seafood Watch app or go to seafoodwatch.org

KEY TO RECIPE INDEX COLUMNS

45 MIN OR LESS: Active time to finish time

BUDGET: Entrees that cost less than $3 per serving; sides and desserts that cost less than $1.50 per serving.

LOW-CAL: Entrees have ≤350 calories per serving; combination meals (protein plus starch **or** vegetable) have ≤420 calories; complete meals (protein plus starch **and** vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤3 g saturated fat per serving (seafood entrees have ≤5 g); combination meals (protein plus starch **or** vegetable) have ≤5 g (seafood ≤7 g); complete meals (protein plus starch **and** vegetable), including seafood meals, have ≤7 g. Side dishes, muffins, breads and desserts have ≤2 g saturated fat per serving; dips and salsas have ≤1 g.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE. When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

More information: *eatingwell.com/go/guidelines*

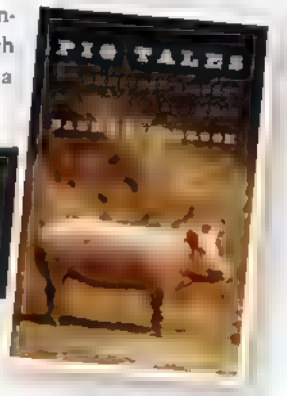
Stumped in the Kitchen?

Send your cooking questions to Test Kitchen Manager Stacy Fraser at askus@eatingwell.com

Q. Are there any DIY cleaning solutions that will sanitize kitchen surfaces?

D. HILL, EUGENE, OR

A. Warm, soapy water plus some elbow grease is technically the only DIY cleaning solution you need to prevent the growth of most illness-causing bacteria on kitchen surfaces. Before and after food preparation, simply scrub counters, sinks and cutting boards with hot, sudsy water for at least 20 seconds, then rinse well. Wipe dry with a clean towel or let air-dry. For added assurance after preparing raw meat or as part of a weekly deep-clean routine, you can sanitize with distilled white vinegar, hydrogen peroxide or a homemade bleach solution. Pour full strength vinegar or hydrogen peroxide solution into a spray bottle, evenly spritz onto the surfaces and let stand for 10 minutes. (Skip vinegar and peroxide if you have granite or marble countertops—they're acidic and will etch into the pores of the stone over time.) To make a bleach solution, combine just ½ teaspoon liquid chlorine bleach with 2 cups water in a spray bottle; spray on the surface(s) and let stand 1 minute. (The amount of bleach at this concentration is effective enough to kill bacteria, but not strong enough to bleach fabric.) Chlorine quickly dissipates in homemade bleach solutions; store in a dark place and replace weekly to guarantee effectiveness.



EDITOR'S PICK: "Barry Estabrook masterfully blends storytelling with succinct explanations of policy and science in this deep dive into the ugly world of industrial pig farming. There are plenty of farmers doing it wrong, in Estabrook's eyes, but he also takes his readers to places that are doing it right, like Denmark where the industry is massive, yet humane and antibiotic-free. *Pig Tales: An Omnivore's Quest for Sustainable Meat* is a must-read for pork lovers or anyone wanting to peek behind the farm gates of the world's biggest meat industry." —*Jim Romanoff, Food Editor*

RECIPE & NUTRITION INDEX

	45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	DAILY VALUE (15%+) CALCIUM	FOLATE	IRON	VITAMIN A	VITAMIN B_{12}	VITAMIN C
BREAKFAST																		
38 Tomatillo Breakfast Tacos	■	■	418	24/8	32	5	498	■		■		■	23	15	18		19	24
DRINKS & APPETIZERS																		
56 The Good Farmer Cocktail	■		174	0/0	20	0	7			■	■	■						
58 Grilled Eggplant & Baba Ghanoush		■	180	14/3	11	4	372	■		■		■						
67 Grilled Halloumi Cheese with Blueberry-Balsamic Jam			124	8/5	8	1	320			■		■						
DRESSINGS & PESTOS																		
68 Beet & Arugula Pesto *(per tablespoon)*			48	5/1	1	0	78			■	■	■						
69 Classic Basil Pesto *(per tablespoon)*	■		65	7/1	1	0	101			■		■						
69 Grilled Radicchio Pesto *(per tablespoon)*	■		63	6/1	1	0	59					■						
68 Parsley-Caper Pesto *(per tablespoon)*	■		48	5/1	1	1	77			■	■	■						19
69 Pesto Trapanese *(per tablespoon)*	■		27	3/0	1	0	39			■	■	■						
68 Roasted Tomato Pesto *(per tablespoon)*			31	2/0	2	1	91			■		■						
36 Tomatillo Ranch Dressing	■		30	2/0	3	0	104					■						
SIDES & SALADS																		
90 Blue Cheese & Bacon Potato Salad	■	■	174	8/2	23	2	289	■	■			■						
90 Classic Potato Salad	■	■	162	5/1	25	2	332	■	■	■		■						
90 Curried Potato Salad	■	■	158	4/1	27	2	323	■	■	■		■						38
90 Greek Potato Salad	■	■	170	8/2	22	2	318	■	■	■		■						16
75 Green Salad with Peaches, Feta & Mint Vinaigrette	■		270	19/4	13	6	329			■		■	17	38	17	77		53
90 Middle Eastern Potato Salad	■	■	149	6/1	22	2	206	■	■	■	■	■						19
36 Oven-Fried Green Tomatillos	■	■	128	3/1	22	2	350	■	■	■								15
56 Sicilian Pepper Salad	■		142	9/1	14	3	112	■	■	■	■	■				32		138
38 Spicy Tomatillo Quinoa	■	■	158	3/0	29	4	211	■	■			■		18				18
55 Sweet Corn Salad		■	194	8/2	31	4	212	■	■	■		■		18		22		94
90 Three-Herb Potato Salad	■	■	149	4/1	25	2	333	■	■	■		■						26
VEGETARIAN																		
47 Edamame Hummus Wrap	■	■	339	20/3	35	8	480	■	■	■	■			79	20	26		90
48 Indian Edamame Quinoa Burgers	■	■	285	13/2	29	6	427	■	■	■		■	16	63	17	29		37
73 Spinach Salad with Beets, Beans & Feta		■	419	25/5	36	10	615			■		■	25	72	35	115		38
30 Tofu Ratatouille Kebabs	■	■	252	19/3	14	4	377	■	■	■	■	■	24	16		18		135
FISH & SEAFOOD																		
44 Edamame & Salmon Stir-Fry with Miso Butter	■		380	21/6	17	4	550					■			16	26	81	29
74 Escarole & Roasted Vegetable Salad with Anchovy-Garlic Vinaigrette			472	38/5	28	11	436							53		31		80
72 Golden Beet, Green Bean & Fennel Salad with Scallops			319	21/2	19	7	651	■	■			■		53	15	50	22	43
66 Maine Blueberry & Lobster Salad	■		223	13/2	10	2	574	■	■			■				71	18	19
POULTRY																		
76 Chicken & Farro Herb Salad			459	24/4	32	5	513		■						15	85		21
28 Chicken Yakitori with Broccoli	■	■	317	14/3	19	4	637	■	■			■		25		73		183
46 Edamame & Chicken Greek Salad	■		336	22/5	14	6	550	■				■	19	81	18	180		24
67 Grilled Chicken with Blueberry-Lime Salsa		■	193	7/1	8	2	279	■	■			■						19
BEEF, BISON & PORK																		
55 Juniper-Marinated Bison Flank Steak		■	191	9/3	1	0	133	■	■			■					20	
30 Mushroom & Pepperoni Pizza Pops	■	■	434	20/5	52	3	670						16					33
32 Peruvian Beef Kebabs with Grilled Corn	■		338	14/3	30	4	515	■	■			■					19	19
26 Pesto-Pork Pinwheels with Grilled Peaches	■	■	389	21/5	19	3	435						25		15			
DESSERTS																		
58 Bourbon-Peach Cobbler		■	247	6/4	44	3	162	■		■								17
66 Maple Wild Blueberry Pie		■	282	11/6	43	4	184			■					15			
67 Mini Blueberry-Lemon Cheesecakes		■	165	9/4	16	0	176	■		■								
65 Wild Blueberry Buckle		■	274	10/2	43	4	274		■	■					22			

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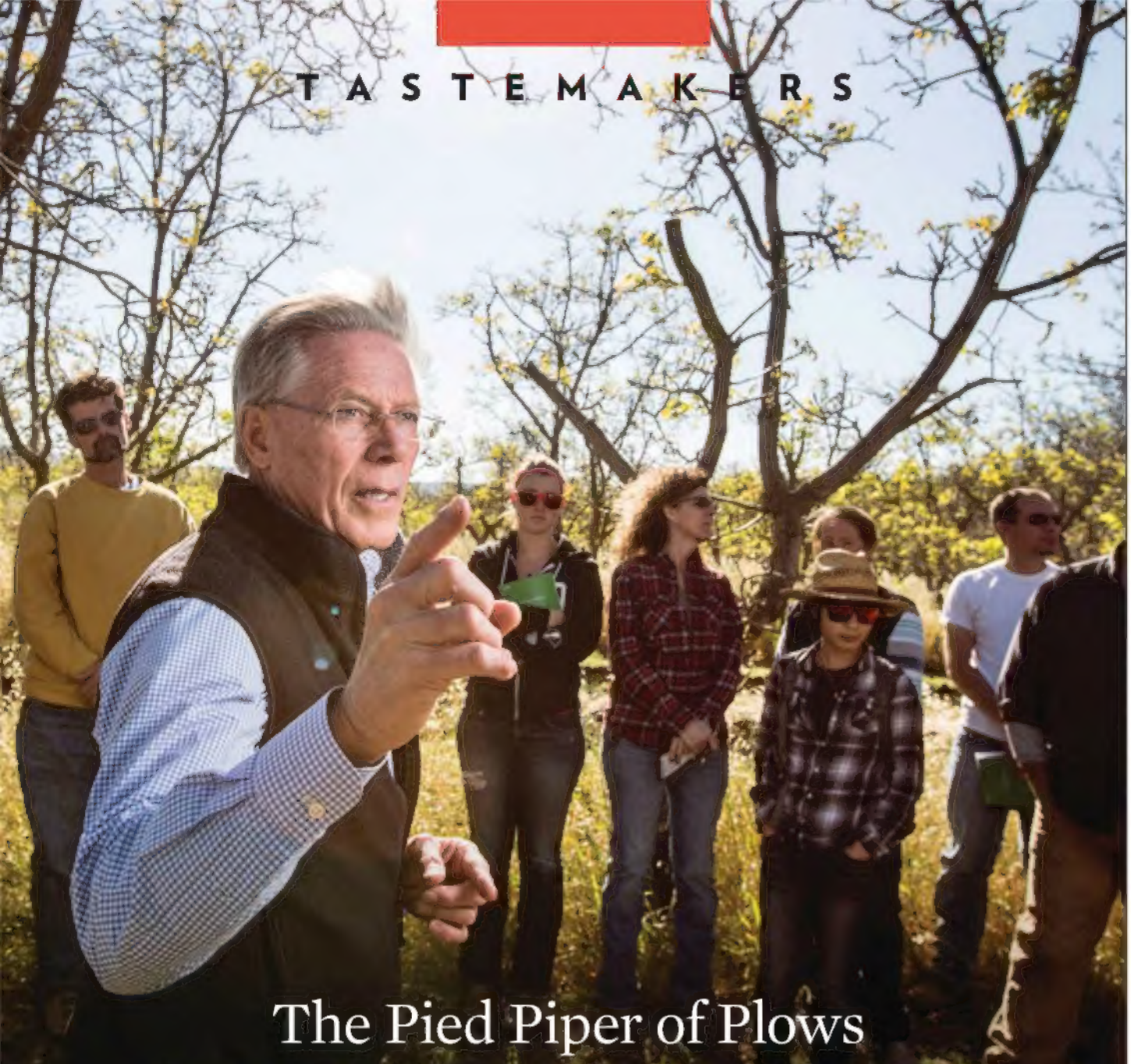

The Pied Piper of Plows

As our nation's farmers retire, who will step forward to grow our food? Craig McNamara is leading a new generation into the fields. By Maria Finn

WHO HE IS In the late '60s, Craig McNamara quit college and headed south on a motorcycle, leaving the country to protest the Vietnam War. He got his first taste of farming on small farms in Latin America. When McNamara returned to the U.S., he studied agriculture at the University of California, Davis, and later began farming in the nearby town of Winters. But starting from scratch without land and equipment, he found it hard to make money. "I went broke many times in my early years," McNamara says. "Fortunately, UC Davis was nearby and the professors gave me good advice."

WHAT HE DID To keep others from going through the same struggles, in 2011 McNamara helped create the California Farm Academy, which helps novices launch farming careers and provides more training for people already farming. Students learn crop rotation and soil science, but it's also a business incubator: students write business plans and develop marketing strategies. He explains, "They are being pushed to become cutting-edge leaders in agriculture." Graduates of the program can lease two acres of farmland from McNamara and have access to tools and equipment.

WHY IT'S COOL While farming is big business in California, nationally a third of all farmers are 65 or older. The number of new farmers has declined 20 percent in the last decade. The California Farm Academy is helping to chip away at that trend. A diverse group of students—from urban dwellers to war veterans—have participated in the program. Anna-Ruth Crittenden manages a farm that employs the mentally ill. "I didn't grow up farming. I wanted to become a farmer because, to me, it's about creating access to healthy food for everyone," says Crittenden. "It's a hands-on form of activism."

CRAIG LEE.

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